Ottawa criteria for ankle injury with midfoot pain

1. If able to bear weight 4 steps at any point after injury, may not need foot X-rays; if unable, needs X-rays. Next:
2. Palpate for tenderness of the two marked areas; if no tenderness, does not need foot x-rays; if tender, needs X-rays.

Ottawa criteria for ankle injury with ankle pain
(1) If able to bear weight 4 steps at any point after injury, may not need ankle X-rays; if unable, needs X-rays. Next:
(2) Palpate for tenderness of the inferior posterior 6 cm (2½") of either lateral or medial malleolus; if no tenderness, does not need ankle x-rays; if tender, needs X-rays.