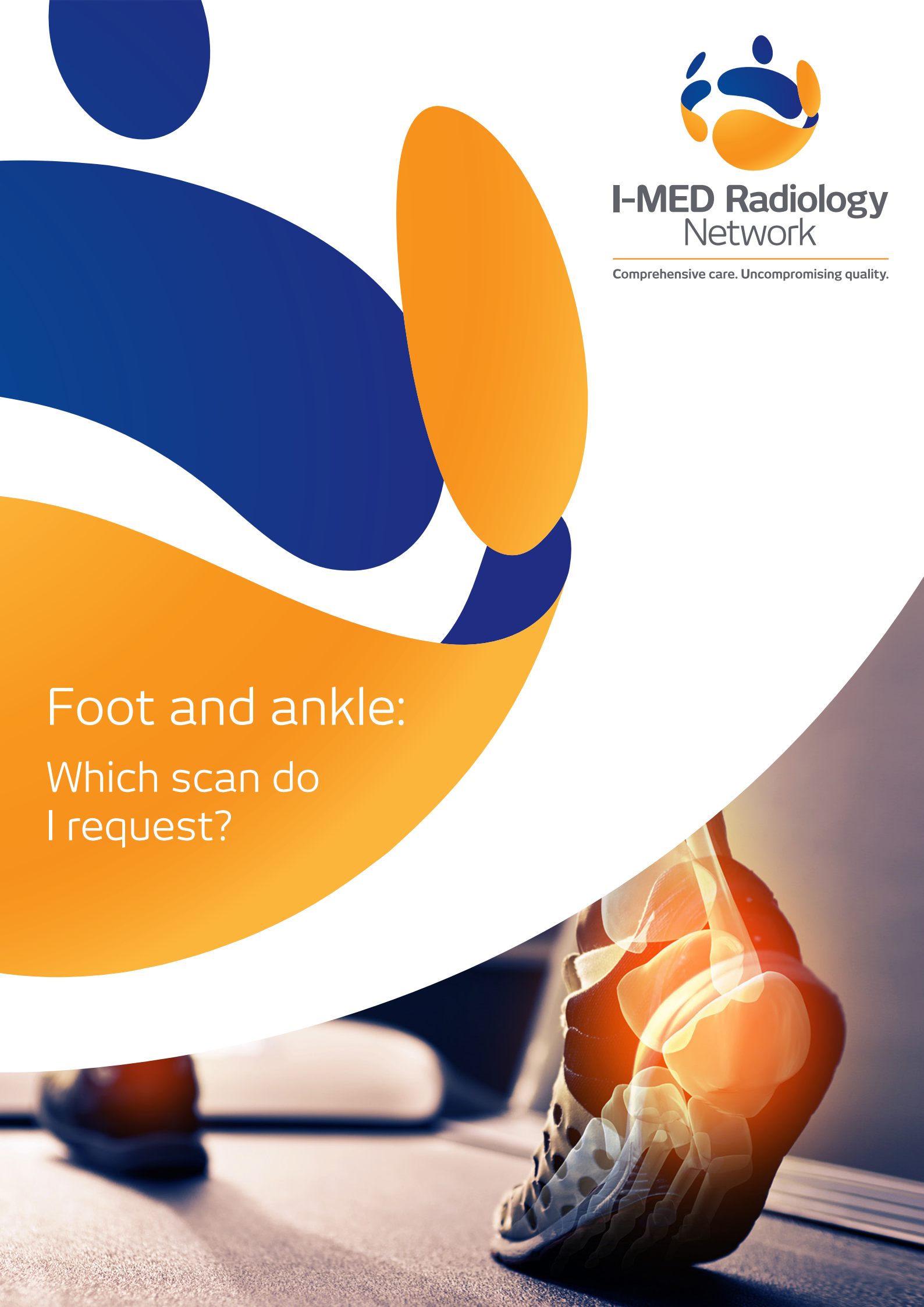




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Foot and ankle:  
Which scan do  
I request?



# Ankle

## Acute Injury

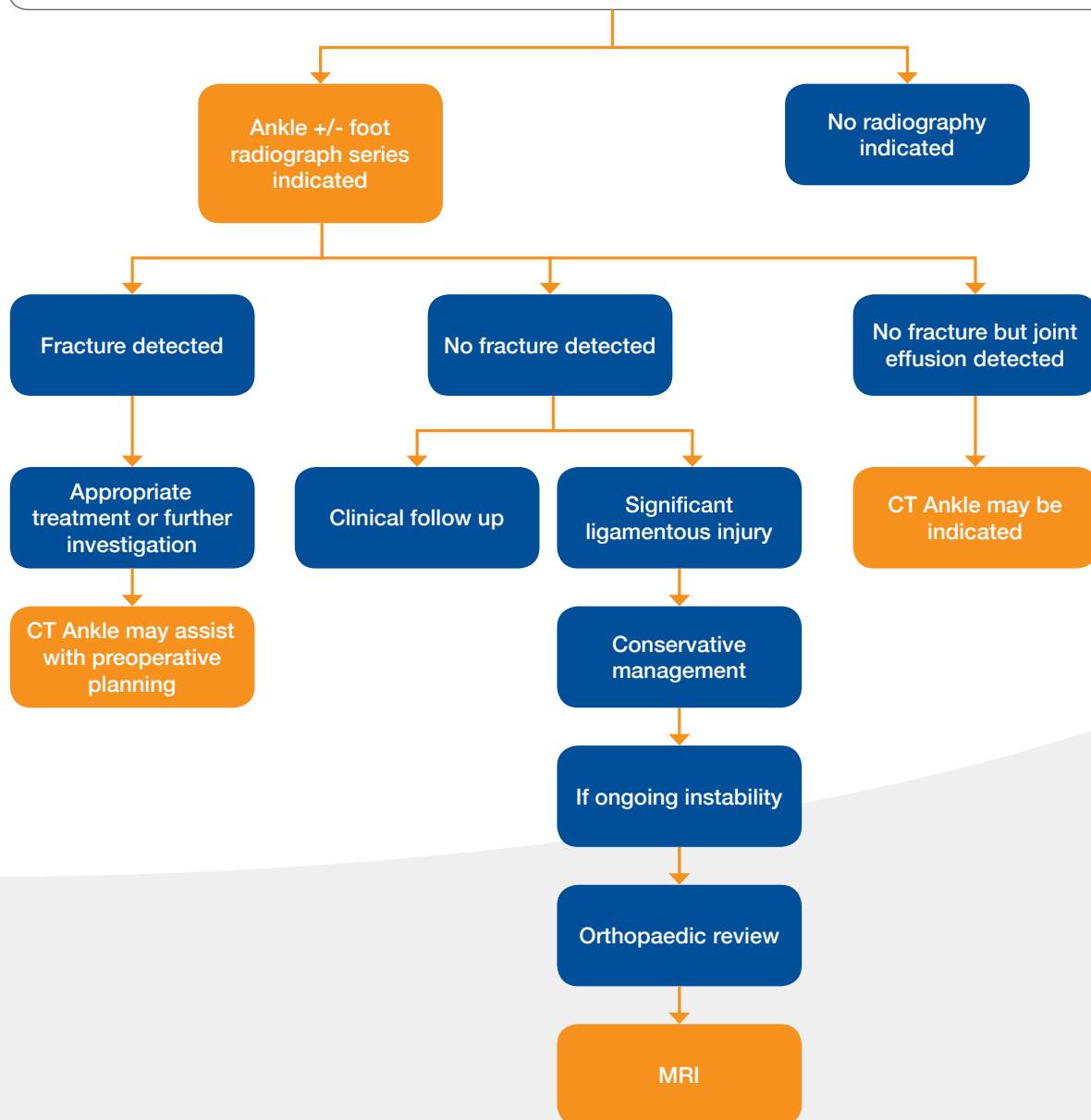
### Application of Ottawa Rules

Ankle radiograph series is indicated if there is pain near either of the malleoli AND either of the following findings:

- Inability to weight bear both immediately and in the emergency department (4 steps)
- Bone tenderness at the posterior edge or tip of either malleolus

Foot radiograph series is indicated if there is pain in the midfoot AND either of the following findings:

- Inability to weight bear both immediately and in the emergency department (4 steps)
- Bone tenderness at the navicular or the base of the 5th metatarsal



# Which scan is best - Sports imaging



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## Ankle

MRI	<ul style="list-style-type: none"><li>• Best test for overall assessment of ligaments</li><li>• Bony contusions</li><li>• Talar dome osteochondral lesions</li><li>• Sinus tarsi, spring ligament, Achilles, plantar fascia</li><li>• Impingement syndromes</li><li>• Lumps and bumps</li></ul>
CT	<ul style="list-style-type: none"><li>• Pre and post-op assessments</li><li>• Assessing fractures</li><li>• Soft tissue calcification</li></ul>
Ultrasound	<ul style="list-style-type: none"><li>• Good for tendon tears/tenosynovitis</li><li>• Limited assessment of ligaments</li><li>• Can only see ATFL, Ant Tib-Fib Syndesmosis, CFL</li><li>• Acute oedema/haematoma makes extent/grade of sprains hard to assess</li><li>• Morton's neuroma, ganglia, subcutaneous foreign bodies</li></ul>
X-ray	<ul style="list-style-type: none"><li>• First test in screening for acute trauma/inflammatory arthropathies</li><li>• Soft tissue calcification</li><li>• Post-operative assessment</li></ul>