



SUTTER PHYSICIANS ALLIANCE (SPA)
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SPA Specialty Referral Guideline
Pittsburg Knee Rules for Ordering Radiology
Ottawa Ankle Rules for Ordering Radiology

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I. Indications for Ordering X-ray of the Knee

Pittsburg Knee Rules/Indications for Ordering Plain Films of the Knee

- A) If the patient experienced a fall or blunt trauma, and is unable to walk four (4) weight-bearing steps, an X-ray is indicated.
- B) If the patient experienced a fall or blunt trauma, and is under 12 or over 50 years of age, an X-ray is indicated.

If the above criteria are not present, no need for X-ray.

II. Indications for Ordering X-ray of the Ankle

Ottawa Ankle Rules

Pain in the malleolar zone and ANY of the following:

- A) Bony tenderness at posterior edge of distal 6cm of the lateral malleolus.
- B) Bony tenderness at posterior edge of distal 6cm of the medial malleolus.
- C) Inability to weight-bear immediately.

III. Indications for Ordering X-ray of the Foot

Pain in the mid-foot zone and ANY of the following:

- A) Bony tenderness at the base of the 5th metatarsal.
- B) Bony tenderness over navicular bone.
- C) Inability to weight-bear immediately.

IV. Exclusion from Meeting the Criterion for the Ankle and Foot:

- A) Age < 18
- B) Pregnancy
- C) Isolated skin injuries
- D) Referrals from another hospital
- E) Injuries > 10 days old
- F) Return patients

APPROVAL:



SPA / SMF Medical Director

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