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Do I need an X-Ray?

The doctor will decide if an X-ray is needed using a set of rules called the Ottawa Ankle Rules. X-rays can take pictures of the bones around the ankle. X-rays can only show the doctor if the bone is broken. If a doctor suspects an ankle sprain, there is no need for an X-ray. New studies say the Ottawa Ankle Rules can be used on patients 5 years of age and older.



Prevention of Ankle Injuries:

- be careful when running or walking on uneven surfaces.
- Maintain strength and flexibility for the activity you are exercising
- Wear shoes that fit well
- Stretch and warm up before exercising
- Do not wear shoes that have hi heels
- Maintain healthy weight

For More Information

1. www.webmd.com/fitness-exercise/ankle-injuries-causes-and-treatments
2. www.mayoclinic.com/health/sprained-ankle/DS01014
3. www.mdcalc.com/ottawa-ankle-rules
4. Contact your local Doctor!

Ankle Injuries: Signs, Treatment and Prevention



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