

SAQ 10 Answer

A 25 year old woman presents to ED after a large wooden plank fell on her left foot. She describes pain in the mid-foot region.

a. What are the three components of the Ottawa foot rules ? (3 marks)

- Bone tenderness over navicular
- or base of 5th MT,
- Ability to weight bear 4 steps at time of injury and at time of the assessment

b. What are the three exclusion criteria for the application of the OFR's?

- Obvious deformity,
- suspected hindfoot
- or forefoot #s

c. Foot x-rays are taken and reveal an isolated un-displaced fracture of tuberosity of the navicular bone. What are 5 important features of your subsequent management

- Analgesia

- Plaster POP (walking).
- Plaster care/check advice
- discharge analgesia
- follow up ortho clinic.