

SAQ 5

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 (OFR's)

- b) What are the three exclusion criteria for the application of the OFR'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?

a) 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) Obvious deformity, suspected hindfoot or forefoot #'s

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