

Ottawa Knee Rules

X-Ray for Acute Injury of the Knee

Scope

This guideline makes recommendations for adults ≥ 18 years with acute knee injuries, presenting for the first time in a clinical setting.

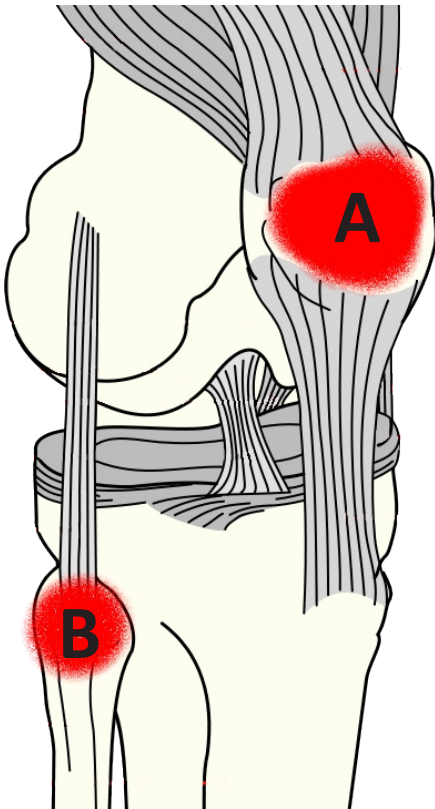
Key Recommendations

- Use the Ottawa Knee Rules (OKR) to exclude fractures and reduce unnecessary imaging.
- Advise patients to seek follow-up care if their pain or ability to bear weight has not improved in five to seven days.

Criteria

If one of the following is present, radiographs are indicated:

1. Age > 55 years
2. Isolated tenderness of patella (no bone tenderness of knee other than patella) - see A
3. Tenderness of the head of the fibula - See B
4. Inability to flex knee to 90°
5. Inability to bear weight both immediately and in the clinical setting for 4 steps (unable to transfer weight twice onto each lower limb regardless of limping)



This guideline excludes:

- Younger than 18 years
- Injuries greater than 7 days old
- Re-evaluation of recent injuries
- Altered levels of consciousness
- Paraplegia
- Multiple injuries or other fractures
- Pregnancy
- Isolated injuries of the skin without underlying soft tissue or bone involvement
 - Superficial lacerations or skin injuries
 - Abrasions
 - Puncture wounds
 - Burns
- Referral from outside clinical setting with prior radiographs