



INSTITUTE FOR CLINICAL  
SYSTEMS IMPROVEMENT

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# Health Care Guideline

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- researchers;
- federal, state and local government health care policy makers and specialists; and
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**Seventh Edition**  
**March 2006**

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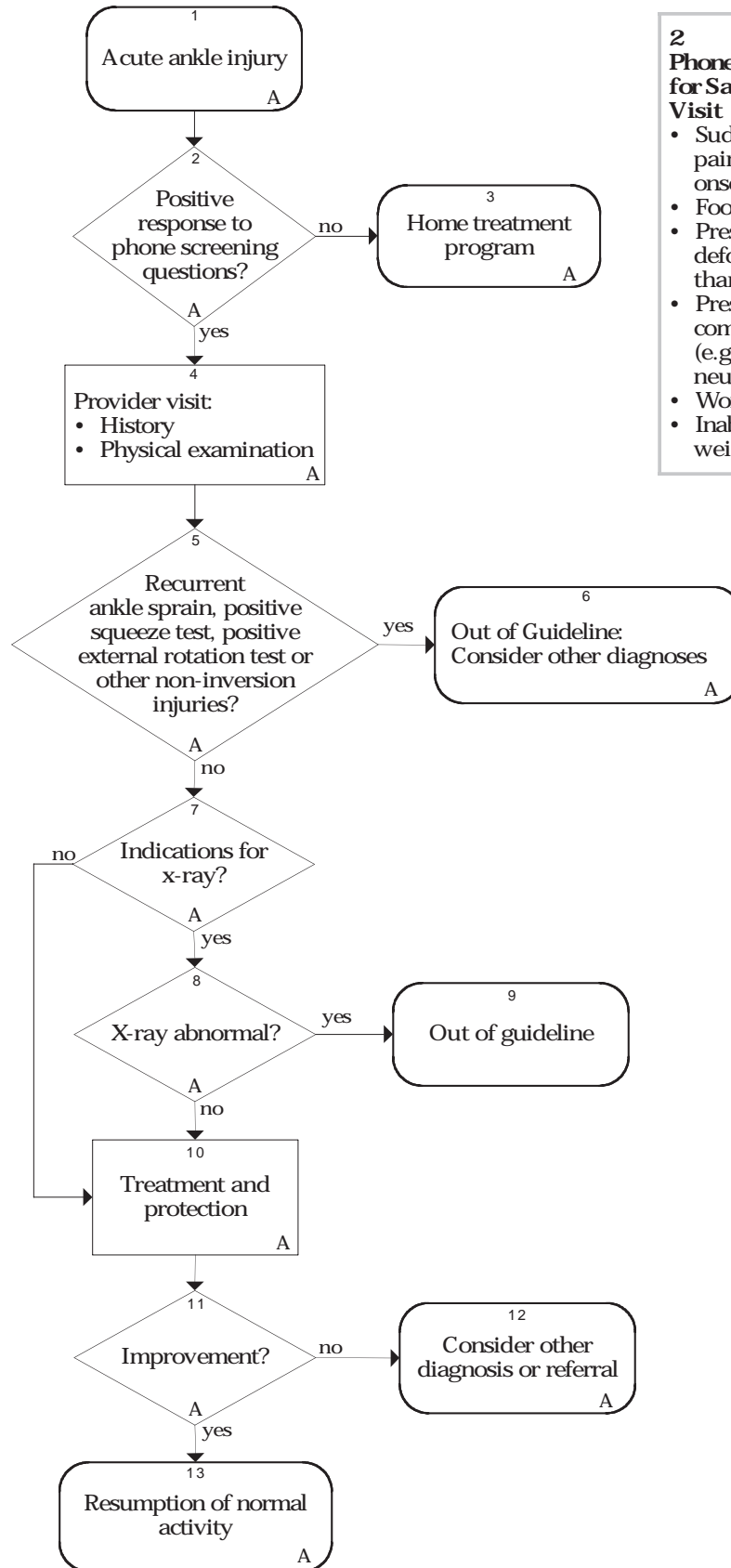
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### 2 Phone Triage Criteria for Same-Day Provider Visit

- Sudden, intense pain with rapid onset of swelling
- Foot cold or numb
- Presence of gross deformity (other than swelling)
- Presence of complicating conditions (e.g., diabetes, neuropathy)
- Work-related injury
- Inability to bear any weight

A = Annotation

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## Table of Contents

|  |       |
|--|-------|
| <b>Algorithms and Annotations</b> .....            | 1-15  |
| Algorithm.....□                                    | 1     |
| Foreword   |       |
| Scope and Target Population .....                  | 3     |
| Clinical Highlights and Recommendations .....      | 3     |
| Priority Aims ..□                                  | 3     |
| Related ICSI Scientific Documents .....            | 3     |
| Brief Description of Evidence Grading .....        | 3     |
| Disclosure of Potential Conflict of Interest ..... | 4     |
| Annotations .....                                  | 5-15  |
| <b>Supporting Evidence</b> .....                   | 16-19 |
| Evidence Grading System.....                       | 17    |
| References.....□                                   | 18-19 |
| <b>Support for Implementation</b> .....            | 20-25 |
| Priority Aims and Suggested Measures .....         | 21    |
| Measurement Specifications.....                    | 22-23 |
| Knowledge Products and Resources.....              | 24    |
| Other Resources Available .....                    | 25    |

## Foreword

### Scope and Target Population

Patients aged 5 years and older presenting with acute lateral ankle pain caused by inversion of the ankle.

(Chande, 1995)

*Supporting evidence is of class: C*

### Clinical Highlights and Recommendations

- Same-day visits should be scheduled for patients experiencing sudden, intense pain with rapid onset of swelling, cold or numbness in the foot, presence of gross deformity, complicating conditions (e.g., diabetes, neuropathy), a work-related injury and/or the inability to bear any weight. (*Annotation #2*)
- Treatment of the non-emergent and home treatment group should follow the PRICE Principle (Protection, Relative Rest, Ice, Compression/Support, Elevation). (*Annotation #3*)
- An ankle radiograph series (AP, lateral and mortis views) should be obtained if there is pain in the malleolar zone and bone. Be aware that Salter Harris Type I fractures of the distal fibula may be present with normal x-rays. (*Annotations #4, 7*)
- A foot radiographic series is only required if there is any pain over the bones of the mid-foot, including bone tenderness at the base of the fifth metatarsal or base of the navicular bone, or inability to bear weight at the time of the evaluation. (*Annotation #7*)
- Rehabilitation of confirmed ankle sprains should include flexibility exercises, strengthening and balance exercises and follow a reasonable return-to-work progression. (*Annotation #10*)
- Effective rehabilitation of the ankle injury combined with a prophylactic ankle bracing has been shown to significantly reduce the reoccurrence of ankle sprain. (*Annotation #10*)

### Priority Aims

1. Improve the appropriate use of diagnostic imaging for patients presenting with acute ankle sprain injuries.
2. Improve patient education for patients with acute ankle sprain injuries.

### Related ICSI Scientific Documents

There are no other ICSI guidelines at this time whose scope and/or recommendations are closely related to the content of this guideline.

### Evidence Grading

Individual research reports are assigned a letter indicating the class of report based on design type: A, B, C, D, M, R, X.

A full explanation of these designators is found in the Supporting Evidence section of the guideline.

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