

Sources

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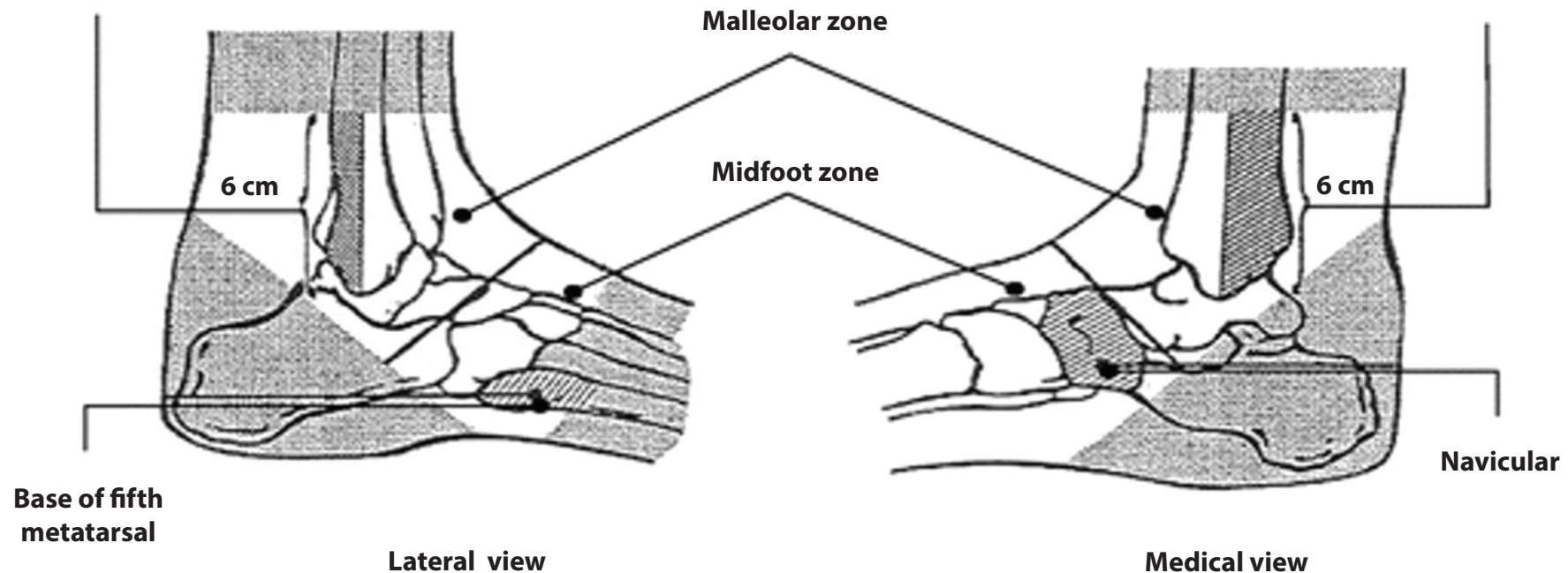
Open to the public
**Coaches Guide to
Traumatic Ankle
Injuries**



STAR Health
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Posterior edge or tip
of lateral malleolus

Posterior edge or tip
of medial malleolus



When an athlete hurts his/her ankle, when should you get an x-ray?

An athlete should get an x-ray if any of the following tests are positive. This test can be used on adults and children older than 5 years old.

Ankle Series	Foot Series
Bone tenderness over:	
Base of 5th metatarsal	Posterior edge or tip of lateral malleolus
OR	
Navicular	Posterior edge or tip of medial malleolus
OR	
Inability to bear weight >4 steps immediately after injury or during examination	