OTTAWA
KNEE RULE
For Knee Injury Radiography

Stiell IG, Greenberg GH, Wells GA, McDowell I, Cwinn AA, Smith NA, Cacciotti TF, Sivilotti MLA.
Prospective validation of a decision rule for the use of radiography in acute knee injuries. JAMA 1996; 275:611-615.
A knee x-ray series is only required for knee injury patients with any of these findings:

1. age 55 or older
   OR
2. isolated tenderness of patella (no bone tenderness of knee other than patella)
   OR
3. tenderness of head of fibula
   OR
4. inability to flex to $90^\circ$
   OR
5. inability to bear weight both immediately and in the emergency department for 4 steps (unable to transfer weight twice onto each lower limb regardless of limping)