



# X-RAY FOR ANKLE OR FOOT INJURIES

Is it necessary?

## Did you know...

**The majority of ankle or foot injuries are soft tissue injuries, including sprains or minor fractures, which have been shown to heal without specific intervention.**

An ankle or foot x-ray may not be needed for minor injuries and will not improve the outcome of the injury or change the course of treatment.

## Talk to a health care provider...

About a physical exam to confirm whether an x-ray is needed for your injury and discuss the best methods for treatment to reduce pain and improve your condition.

Consider physiotherapy for treatment of minor ankle or foot injuries to safely keep active and prevent further injury.