

## Lisfranc Joint Injuries

The Lisfranc joint is in the midfoot between the tarsal bones and the metatarsal bones (long bones of the foot). The midfoot is a critical zone of the foot as it stabilizes the arch during walking and transfers the forces generated by the calf muscles to the front of the foot. Lisfranc injuries are rare in sport, however if they are missed or left untreated they can have serious long term consequences.

Lisfranc injuries can occur as a result of low-energy trauma such as a simple twist or trip. More severe injuries occur from direct trauma, such as a fall from a height or dropping a heavy weight on the top of the foot. High-energy injuries often result in multiple fractures and dislocations of the joints.



Lisfranc injuries are often swollen, painful and bruised on top of the foot. Bruising on the bottom of the foot is highly suggestive of a Lisfranc injury. It will be painful to stand and walk, and in most cases a Lisfranc injury will not settle on its own. Standard treatment for acute injuries should be practiced i.e. Rest, Ice, Compression and Elevation. A suspected Lisfranc injury requires an X-ray in weight bearing to determine the severity, and an opinion from an orthopaedic surgeon.

If there are no fractures or dislocations and the ligaments are not completely torn, treatment will be conservative i.e. non-surgical. This means wearing a non-weight bearing cast for 6 weeks and then progressing to weight bearing in a removable boot. For all injuries with a fracture or dislocation in the joints of the midfoot, or with abnormal positioning of the joints, surgery is recommended to realign the joints and return the broken fragments to a normal position.