

Lis Franc Injury

Body Part

Ligament in the midfoot connecting the medial cuneiform to the 2nd metatarsal.

Condition:

Lisfranc injuries, also called Lisfranc fracture-dislocations, are the most common type of dislocation involving the foot and correspond to the dislocation of the medial cuneiform to the 2nd metatarsal.

These injuries can happen with a simple twist and fall. It is commonly seen in football and soccer players. It is often seen when someone stumbles over the top of a foot flexed downwards. More severe injuries occur from direct trauma, such as a fall from a height. These high-energy injuries can result in multiple fractures and dislocations of the joints.

Injuries can vary, from a simple injury that affects only a single joint to a complex injury that disrupts multiple different joints and includes multiple fractures.

Symptoms:

The most common symptoms of Lisfranc injury include:

- The top of the foot may be swollen and painful.
- There may be bruising on both the top and bottom of the foot. Bruising on the bottom of the foot is highly suggestive of a Lisfranc injury.
- Pain that worsens with standing, walking or attempting to push off on the affected foot. The pain can be so severe that crutches may be required.

Treatment:

If after X-ray or MRI there are no fractures of the bones, dislocations of the joints or ruptures of the ligaments then treatment would be around keeping the weight off it, namely:

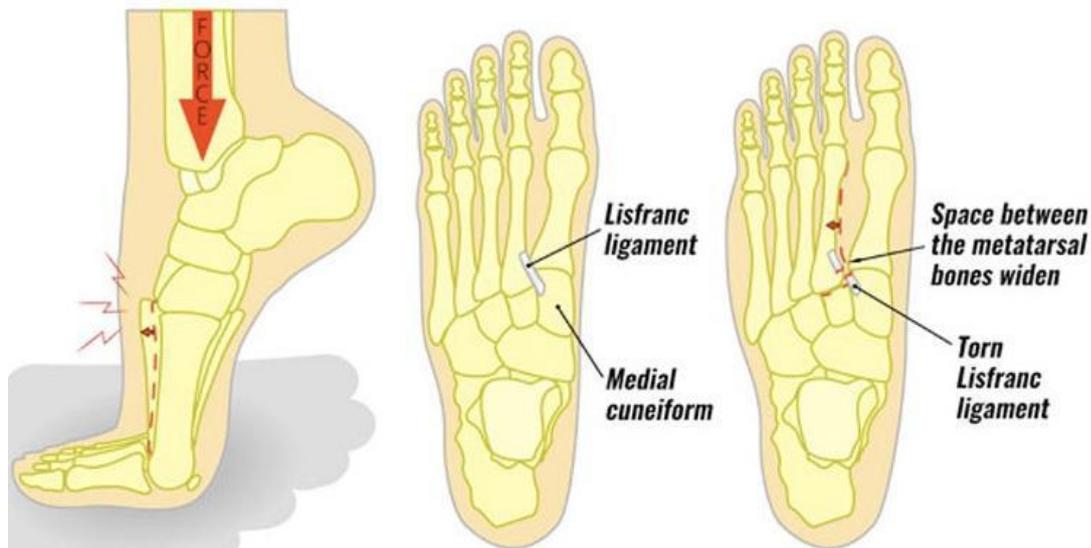
- Rest, Ice, Compression, Elevation, (RICE)
- Moonboot and/or crutches
 - To offload your foot
- Pain relief medications
 - Through the advice of your Dr
- Orthotic
 - To support your foot once out of the moon boot
- Supportive footwear

Surgery is recommended for all injuries with a fracture in the joints of the midfoot or with abnormal positioning of the joints. The goal of surgical treatment is to realign the joints and

return the fractured bone fragments to a normal position. After surgery you will have to incorporate some of the treatments in the above bullet points.

Prognosis:

Offloading through a moon boot for 6-8 weeks is required after injury for non-complicated injuries or after surgery for complicated injuries. Once the boot comes off gradual return to activity with the guidance of your physiotherapist or podiatrist.



Further information:

For further information, please contact our friendly team at Gen Health.

Picture Link: <https://www.sportsinjuryclinic.net/sport-injuries/foot/midfoot-pain/lisfrancs-injury>