



## *Lisfranc injury:*

### **What is it?**

A Lisfranc injury is an injury to the *midfoot*, resulting in a midfoot sprain or fracture. This region is critical for stabilizing the arch of the foot. It can be injured from an object landing on the foot, car accidents, a fall from a height, or when a person forcefully lands on a planted foot, especially in sports.



### **How's it diagnosed?**

Mild Lisfranc injuries are diagnosed clinically. X-rays can be normal, but the patient will have pain, swelling, and point tenderness in the Lisfranc region. Moderate-severe Lisfranc injuries have severe ligament damage (and possibly a fracture) and are diagnosed by abnormalities on X-ray (a widened gap between two midfoot bones). Sometimes, a CT or MRI is used to confirm the diagnosis.

### **What are potential complications?**

If not treated properly, Lisfranc injuries can lead to *collapse* of the arch in the foot, premature arthritis and chronic pain. Many Lisfranc injuries are misdiagnosed as a simple foot or ankle sprain.

### **How's it treated?**

All Lisfranc injuries should be treated aggressively to prevent complications, such as premature arthritis and midfoot collapse. Also, patients should religiously use ice, rest, and elevation.

- **Grade 1** (mild) – walking boot or cast and crutches (non-weight bearing) for 4-6 weeks. Then, wean from crutches & continue walking boot.
- **Grade 2-3** (moderate-severe) – may need surgery to stabilize the midfoot

