

Lisfranc Injuries

The Lisfranc Joint

The Lisfranc joint is the point at which the metatarsal bones (long bo

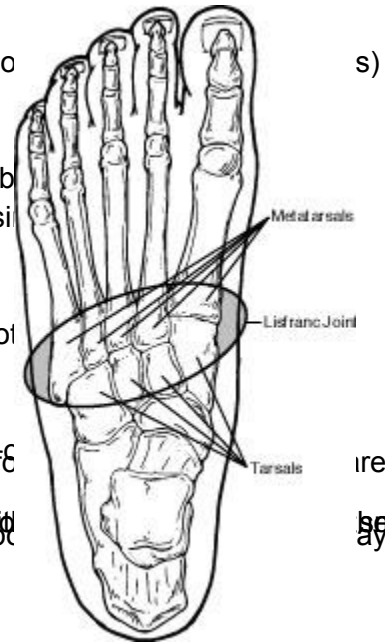
How Do Lisfranc Injuries Occur?

Injuries to the Lisfranc joint most commonly occur in automobile accident victims, military personnel, runners, horseback riders, football participants of other contact sports, or something as simple as missi

Lisfranc injuries occur as a result of direct or indirect forces to the foot. A direct force often involves something heavy falling on the foot commonly involves twisting the foot.

Types of Lisfranc Injuries

There are three types of Lisfranc injuries which are: 1) Ligament sprains - the ligaments on the bottom of the midfoot are stronger than those on the top of the midfoot. (a Fracture of the alignment of the Lisfranc joint instability or pulled off) or a break through the bone (a Lisfranc Dislocation). The b



Symptoms

The symptoms of a Lisfranc injury may include:

- Swelling of the foot
- Pain throughout the midfoot when standing or when pressure is applied
- Inability to bear weight (in severe injuries)
- Bruising or blistering on the arch are important signs of a Lisfranc injury. Bruising may also occur on the top of the foot.
- Abnormal widening of the foot.

Diagnosis

Lisfranc injuries are sometimes mistaken for ankle sprains, making the diagnostic process very important. To arrive at a diagnosis, The surgeons at Hosey Foot and Ankle Centers will ask questions about how the injury occurred and will examine the foot to determine the severity of the injury.

X-rays and other imaging studies may be necessary to fully evaluate the extent of the injury. Our doctors may a further evaluate a fracture or weakening of the joint and surrounding bones.

Non-surgical Treatment

our doctors at Hosey Foot and Ankle Centers. If unable to do so immediately, it is important to off the injured foot, keep it elevated (at or slightly above hip level), and apply a bag of ice wrapped in a thin towel to the area every 20 minutes of each waking hour. These steps will help keep the swelling and pain under control. Treatment by the foot and ankle surgeon may include

one or more of the following, depending on the type and severity of the Lisfranc injury:

- Immobilization. Sometimes the foot is placed in a cast to keep it immobile, and crutches are used to avoid putting weight on the injured foot.
- Oral medications. Nonsteroidal anti-inflammatory medications (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.
- Ice and elevation. Swelling is reduced by icing the affected area and keeping the foot elevated, as described above.
- Physical therapy. After the swelling and pain have subsided, physical therapy may be prescribed.

When is Surgery Needed?

Certain types of Lisfranc injuries require surgery. Our highly trained and skilled surgeons will determine the type of surgery that your injury type may require emergency surgery.

Complications of Lisfranc Injuries

Complications can and often do arise following Lisfranc injuries. A possible early complication following the injury is compartment syndrome, in which pressure builds up within the tissues of the foot, requiring immediate surgery to prevent tissue damage. A build-up of pressure could damage the nerves, blood vessels, and muscles in the foot.

Arthritis and problems with foot alignment are very likely to develop. In most cases, arthritis develops several months or longer following a Lisfranc injury, requiring additional treatment.