



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

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ORIF Lisfranc Fracture
Post-Operative Protocol

Phase I- Maximum Protection (Weeks 0 to 6)

- Cast or boot for 6 weeks
- Elevate the ankle above the heart
- Non-weight bearing x 6 weeks
- Multi-plane hip strengthening
- Core and upper extremity strengthening

Phase II- Range of Motion and Early strengthening (Weeks 6 to 12)

- Begin progressive weight bearing per physicians instructions
- Orthotic support to maintain arch
- Restoration of normal gait mechanics
- Full active and passive ROM all planes
- Isometric and early isotonic ankle
- Foot intrinsic strengthening
- Bilateral progressing to unilateral squat and linear step progression
- Proprioception training with shoe and orthotic support
- Non-impact cardiovascular work

Phase III- Progressive Strengthening (3-6 months)

- Pool progressing to dry land running
- Functional training linear gradually progressing to lateral and rotational
- Sport specific drills on field or court with orthotic
- Sport test at 5-6 months based on progress