

Lisfranc Rehabilitation Protocol

| | Weight-bearing | Brace | Range of Motion | Exercises |
|------------------------------|----------------------------------|--|-----------------|--|
| Phase 1 0-2 weeks | Non-weightbearing in splint/boot | Splint/CAM boot | Passive ankle | <u>Elevate</u> – “Toes above the nose” |
| Phase 2 2-6 weeks | Non-weightbearing in splint/boot | CAM boot | Full | <p>Come out of boot for non-weightbearing ankle range of motion exercises</p> <p>Pain-free ankle isometrics: inversion, eversion, dorsiflexion and plantar flexion</p> <p>Open-chain hip and core strengthening</p> <p>Gentle scar massage and cryotherapy as needed</p> |
| Phase 3 6-8 weeks | Progress to WBAT | CAM boot | Full | <p>May begin elliptical, bike and pool-based exercises</p> <p>Balance and proprioception exercises (double leg wide base → narrow base)</p> <p>Continue inversion, eversion, and plantar flexion isometrics with resistance bands</p> <p>Progress proprioception exercises and single-leg toe raises</p> <p>*No running/cutting</p> |
| Phase 4 8-12 weeks | Full | Normal shoes if pain free and no edema | Full | <p>Continue inversion, eversion, and plantar flexion isometrics with resistance bands</p> <p>Progress proprioception exercises and single-leg toe raises</p> <p>Increase conditioning activities</p> <p>Alter-G/HydroWorx low impact running progressing WB if remains pain free</p> <p>*No on-field running/cutting</p> |
| Phase 4 12+ weeks | Full | Normal shoes | Full | <p>Increase conditioning activities</p> <p>Progress jogging/running</p> <p>Progress agility: figure of 8 and cutting drills if pain free</p> <p>**Stop progression if pain occurs</p> |

*Return to play and consideration of screw removal based on patient-specific factors