

Lisfranc Midfoot Fusion

PHASE III (4 weeks – 10 weeks)

Week 6:

- Start Physical Therapy
- Wound Care:
 - Continue scar management techniques
- Modalities:
 - PRN for pain and swelling
- Gait:
 - Progress as tolerated to FWB in regular shoe gear
- ROM:
 - Progress AROM/PROM as tolerated of non-fused joints
 - Manual therapy interventions to non-fused foot joints PRN
- Strengthening:
 - Begin NWB and progress WBAT strengthening by week 10
 - Advance open and closed-chain strengthening as tolerated for gait and functional tasks
- Balance/Proprioceptive Activities:
 - Begin double leg balance activities and progress to single leg balance as tolerated

PHASE IV (10+ weeks)

Week 16:

- Return to full running, jumping, agility drills, plyometrics, sport-specific activities, per physician restrictions

Adapted From:

- 1) Consultation with Drs. Giovanni Incandela, Douglas Pacaccio, & David Thom, DPM at OrthoIllinois