

COMPREHENSIVE PHYSICAL THERAPY

Melinda Amato OTR/L CHT
Brandon Heyda OTR/CHT

Raymond Ryan PT/Director
Valerie Peckingham PT
Isabella Mesturini PT,DPT

Peter Ives PTA
Kirsten Perillo PTA

Megan R. Wolf, MD

Sports Medicine/Foot & Ankle

Lisfranc Open Reduction Internal Fixation Post-Operative Protocol

Phase I - Maximum Protection

Weeks 0-2

- Post-operative splint
- Non-weight bearing at all times with use of crutches
 - No scooter

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength and range of motion of non-operative joints

Exercise progression

- Open chain hip strengthening
- Gait training
- Elevation and ice to assist with swelling reduction

Weeks 2 to 6:

- Transition to CAM boot
- Non-weight bearing with use of crutches or scooter pending MD approval

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength in contralateral limb and unaffected joints

Exercise progression

- Elevation and ice to assist with swelling reduction

Phase II- Early Stretching and Strengthening

Weeks 6 to 12:

- Gradual progression of weight bearing while in CAM boot
- Initiate range of motion at foot and ankle
- Initiate closed chain strengthening consistent with weight bearing status

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Weight bearing progression while in CAM boot
 - Week 6: 25% weight bearing
 - Week 7: 50% weight bearing
 - Week 8: weight bearing as tolerated progressing to full weight bearing
- Initiate strengthening at foot and ankle

Exercise progression

- Normalize gait pattern
- Introduce bike or NuStep
- Bilateral and unilateral closed kinetic chain strengthening program consistent with weight bearing status
- Isometric ankle/foot strengthening once full weight bearing
- Intrinsic foot strengthening
- Modalities for pain relief and swelling reduction

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Phase III- Progressive Stretching and Strengthening

Weeks 12 to 18:

- Discontinue CAM boot and transition to shoe with full length carbon fiber insert
- Weight bearing as tolerated
- Progress closed chain strengthening
- Initiate balance/proprioceptive drills

Goals

- No swelling
- Weight bearing progression
 - Weeks 12 and 13: transition out of CAM boot for household ambulation and PT only
 - Week 14: transition out of CAM boot at all times
- Full range of motion
- Normal gait pattern
- Progress single limb strength

Exercise progression

- Gait training- normalize gait pattern
- Proprioception/balance drills
- Unilateral closed kinetic chain strengthening program
- Bike and elliptical trainer

Phase IV- Advanced Strengthening and Running Progression

Weeks 18-22:

- Shoe with full length carbon fiber insert
- Administer Preliminary functional test at 18 weeks for physical therapist to review
- Initiate straight line jogging at 18 weeks if proper biomechanics are demonstrated and symmetry on functional test
- Advance strengthening program
- Initiate plyometrics progressing from double limb to single limb
- Potential removal of hardware by MD at 20 weeks if dictated by swelling/pain
- Administer Return To Sport functional test at 24-26 weeks prior to MD appointment for physician to review

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Basic ladder series
- Linear jogging progression
- Basic plyometric box progression
- Gym strengthening progression



Ryan S. Charette MD	Aaron S. Covey MD MBA	Jon C. Driscoll MD
Adam Q. Ferguson DO	Rania R. Rifaey MD	Hudson H. Seidel MD
Jon Dale PA-C	Edward S. Gensicki DPM	Robert C. Stockton DO
Christa Beyer PA-C	Megan R. Wolf MD	



www.comcllc.com
 PH: 203.265.3280
 FX: 203.741.6569

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Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport:

- 26 weeks for contact and non-contact athletes

Revised ***