

LISFRANC ORIF

POST OPERATIVE

	Time Frame (Weeks)	Activity
PHASE I	0-2	WB Status: NWB Device: Cast ROM: No ROM
	2-6	WB Status: Heel PWB (Some patients may remain NWB x6 wks per MD) Device: Walking boot ROM: A/AROM, emphasize sagittal plane Manual Therapy: Gentle soft tissue mobilization (STM) to reduce edema Exercises: OKC proximal mm, core, UE PREs, foot intrinsic activation, submax ankle isometrics
PHASE II	6-8	WB Status: PWB to FWBAT; weaning off crutches Device: Walking boot ROM: A/PROM all planes Manual Therapy: STM to surrounding mm, and to reduce edema TCJ, midfoot, forefoot, and first ray mobilization Strength: Theraband all planes, foot intrinsic activation Exercises: Continue OKC proximal PREs Initiate CKC LE strength Stationary bike in boot
	8-12	WB Status: FWBAT Device: Wean boot to supportive tennis shoe by 12 weeks ROM: A/AROM to tolerance Manual Therapy: Progressive scar mobility and STM Continue joint mobilization Strength: Theraband all planes, CKC ankle strength once weaned from boot Exercises: CKC LE strengthening in boot vs shoe Proprioceptive training Non impact cardio: Bike w/ increased resistance, elliptical, row ergometer, swimming/pool work Initiate walking program once weaned from boot
PHASE III	12-16	WB Status: FWB in tennis shoe ROM: Restore full ROM all planes, emphasize WB DF Manual Therapy: Continue STM, joint mobilization, and scar mobilization as needed Strength: Foot and ankle PREs, heel raises progressing bilateral to unilateral Exercises: Progress CKC strength and proprioceptive training Continue walking program, non impact cardio
	16-24	Strength: Progressive foot and ankle OKC/CKC PREs as tolerated Exercises: Progress CKC strength and proprioception Low impact/amplitude plyometrics once 15-20 SL heel raises Alter G/pool running progressions (50-75% BW) Walk/jog program at 20 weeks as functionally appropriate
PHASE IV	24+	Strength: Advanced strength and proprioception Exercises: Linear running, jumping, and plyometric progressions Submaximal sport specific progressions- cutting, pivoting, change of direction, acceleration/deceleration RTS: RTS testing Functional Movement Screening High impact and advanced sport progressions 6 mo + when functionally appropriate and cleared by MD/PT Anticipate full return to sport 8-10 months