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What is a Lisfranc injury?



Lisfranc injuries are a dislocation of the metatarsal bones, better known as toes.

Lisfranc injuries can result from something as simple as a twist and fall. The more severe injuries occur from direct trauma such as falls from a height, causing both fractures and dislocations on multiple joints. Symptoms include swelling and pain on top of the foot, as well as bruising on the top and bottom of the foot.

HOW DO YOU TREAT IT?

- A foot and ankle specialist will examine your foot for signs of injury
- Your doctor may hold your heel steady and move your foot around in a circle. This motion produces little pain with a sprain, but severe pain with a Lisfranc injury
- If the bones have not been forced out of position, you will probably have to wear a cast and refrain from putting weight on the foot for about six weeks
- Often, operative treatment is needed to stabilize the bones and hold them in place until healing is complete

If you are experiencing any of the symptoms listed above, it's time to contact Dr. Craig Thomajan or Dr. Shine John of Austin Foot and Ankle Specialists for an assessment of the issue and development of a personal treatment program. Fighting through the pain can only make an injury worse, while properly treating a foot or ankle issue can result in a lifetime of healthy and comfortable physical activity.



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To receive your free copy of one of our four helpful and informative foot and ankle health books by Dr. Craig Thomajan and Dr. Shine John, please visit austinfootandankle.com/books.html or call 888-376-2995.



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