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Lisfranc Operative Rehabilitation Protocol

There is no substitute for common sense.

If you feel you are progressing too quickly or are having pain or any concern with an activity please stop, rest and try to advance again after a couple of days. Call my office if you have any concerns.

<i>Time Frame</i>	<i>Activity</i>
0-2 weeks	Non-weight bearing in splint at all times
2-6 weeks	Non-weight bearing in boot with crutches Active gentle ankle and hindfoot range of motion
6-10 weeks	Partial weight bearing in boot with crutches Active ankle and hindfoot range of motion
10-12 weeks	Weight bearing as tolerated in boot Continue ankle and hindfoot range of motion, pool therapy (i.e. running suspended)
> 12 weeks	Wean from boot May utilize carbon fiber baseplate May consider hardware removal Continue ROM, progress fitness beginning with cycling and elliptical before sport-specific training

*Beth Israel Deaconess Medical Center Foot and Ankle
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