



Sports Medicine: Lisfranc Injury

A Lisfranc injury occurs when the ligaments in the middle part of the foot are sprained. That causes some of the foot bones to move out of position. It may or may not involve a break (fracture) of the bones. The mid-foot bones, ligaments, and muscles are important for absorbing shock and support the arch of the foot.

Signs and Symptoms

- Sharp pain, especially with standing or walking on the injured foot
- Unable to put weight on injured foot
- Tenderness and swelling at the injury site
- Bruising on the arch of the foot

Increased Risk

- Contact sports
- Sports that involve sliding (baseball, softball)
- Previous foot or ankle sprains or fractures, or repeated injury to any joint in the foot
- Sports that require cleats
- Poor physical conditioning (strength and flexibility)
- Sports that require jumping and landing (basketball, volleyball)

Treatment

- Medicine
 - Anti-inflammatory medicines, such as ibuprofen (Motrin® or Advil®) or naproxen (Aleve®), may be recommended. Take these as directed by your doctor or health care provider.
 - Other minor pain relievers, such as acetaminophen (Tylenol®).

- Use of cold and heat
 - Cold should be applied for 10 to 15 minutes every 2 to 3 hours and after any activity that makes symptoms worse. Use ice packs or an ice massage and raise the foot and ankle at or above heart level to reduce swelling.
 - Heat may be used before doing stretching and strengthening activities prescribed by your doctor, health care provider, or athletic trainer. Use a heat pack or a warm soak. Apply for 10 to 15 minutes.
- Orthopedic aids
 - Crutches may help with the pain. A boot or a cast may be needed to protect the foot while the joint heals.
- Rehab
 - Rehab may be prescribed to improve pain, motion, strength, and balance. Your provider may refer you to a physical therapist or athletic trainer for treatment.
- Surgery
 - For severe injuries, surgery may be needed to restore the joint to its normal position.

How to Prevent

- Do correct warm-up and stretching before practice or competition.
- Wear correct protective equipment with correct fit.
- Use elastic bandages, tape, braces, or high-top athletic shoes for jumping or contact sports.
- Maintain good foot and ankle strength, flexibility, and cardiovascular fitness.
- Wear cleats or spikes at the correct length for the turf or field conditions.

When to Call the Doctor

Call your doctor, health care provider, or the Sports Medicine team at (614) 355-6000 if:

- Pain, tenderness, or swelling get worse, despite treatment.
- You have pain, numbness, or cold feeling in the foot.
- The toenails appear blue, gray, or dusky in color.
- New, unexplained symptoms develop.

To schedule an appointment with Sports Medicine, visit [NationwideChildrens.org/SportsMedicineScheduling](https://www.nationwidechildrens.org/SportsMedicineScheduling) or scan this code with your camera phone.

