

Lisfranc Fracture with Charlotte Protocol

Timeline	Goals/Milestones	Activity/Weight Bearing	Bracing
Week 1	-Swelling and pain management	-Non-weight bearing with crutches/walker/knee scooter	-Splint
Week 2-3	-Swelling and pain management -Sutures/staples removed at 2 nd post-operative appointment	-Non-weight bearing with crutches/walker/knee scooter	-Hard cast
Week 4-5	-Start gentle ankle range of motion exercises -Start knee high compression socks	-Weight bearing as tolerated in boot only	-CAM boot
Week 6-8	-Start PT -Start resistance ankle range of motion exercises -Continue knee high compression socks	-Weight bearing as tolerated in regular shoe	-Regular shoe with carbon fiber insert -CAM boot as needed
Week 8-16	-Continue PT -Continue knee high compression socks -Gradually increase activities of daily living	-Full weight bearing as tolerated in regular shoe -Week 12: Start Alfredson Stretching protocol	-Regular shoe with carbon fiber insert
Week 17-24	-Increase to full activities of daily living	-Full weight bearing	-Regular shoe with carbon fiber insert
Week 25-52	-Increase to full activities of daily living without restrictions	-Full weight bearing without restrictions	-Regular shoe with or without carbon fiber insert