



ORTHOPEDIC SURGERY

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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

1200 1st Ave. E., Suite C
Spencer, IA 51301
Phone: 712-262-7511
800-248-4049
Fax: 712-262-3658

1525 West 5th St., Pod C
Storm Lake, IA 50588
Phone: 712-213-8050
Fax: 712-213-8015

2301 HWY 71, Suite E
Spirit Lake, IA 51360
Phone: 712-336-8708
Fax: 712-336-8115

www.nwiabone.com

ORIF LisFranc Fracture

Post-Operative Protocol

Phase I: Maximum Protection (Weeks 0-6)

- Cast or boot for 6 weeks
- Elevate the ankle above the heart
- Non-Weight bearing x 6 weeks
- Multi-plane hip strengthening
- Core and upper extremity strengthening

Phase II: Range of Motion and Early Strengthening (Weeks 6-12)

- Begin Progressive weight bearing per physicians instructions
- Orthotic support to maintain arch
- Restoration of normal gait mechanics
- Full active and passive ROM all planes
- Isometric and early isotonic ankle
- Foot intrinsic strengthening
- Bilateral progressing to unilateral squat and linear step progression
- Proprioception training with shoe and orthotic support
- Non-impact cardiovascular work

Phase III: Progressive Strengthening (3-6 months)

- Pool progressing to dry land running
- Functional training linear gradually progressing to lateral and rotational
- Sport specific drills on field or court with orthotic
- Sport test at 5-6 months based on progress

EXCEPTIONAL. DEPENDABLE. LOCAL. ORTHOPEDICS.