

Lis Franc & Midfoot Crush

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Lis Franc

- Midfoot Fracture/Dislocation
 - Axial load on a plantar flexed foot
 - Loss of midfoot stability

Lis Franc

- Keystone/Arch
 - Inherent stability
- Normal Xray alignment
 - Medial, Middle, Lateral Columns
 - 1st, 2nd, 3rd metatarsals line up with cuneiforms
 - 4th & 5th metatarsal line up with cuboid

Lis Franc

- Soft Tissue Injury?
- Compartment Syndrome?

Lis Franc

- Acute/Urgent
 - Closed v Open Reduction if needed
 - Initial exfix/perc pin
- Definitive
 - Two incisions
 - Rarely CRPP
 - Plates v Screws
 - ORIF v Arthrodesis

Mid Foot Crush

- Soft Tissue Condition?
- Compartment Syndrome?
- CRPP acutely?
- ORIF eventually?
