

Midfoot Fracture – Dislocation Protocol

Midfoot breaks, fracture and dislocations are not all the same. Surgery is often needed to fix this area of the foot or severe arthritis, deformity and pain can occur. Surgery is often a fusion or “ORIF”. How it is fixed is dependent on the fracture, the pattern, and the patient. An ORIF will require a second surgery to remove the plates and screws.

After Surgery

Day 0-14	Keep Non Weight Bearing. Do not stand or walk on the operative side. Keep splint dry and do not remove
Day 14-21	1 st Visit – remove stitches. Transition into a cast at this time.
Week 3 - Week 6	Weight bearing on heel for transfers only. Use crutches/scooter for anything more than 3 steps
Week 6 – Week 8	2 nd Visit – Place in boot – able to take 10 steps on heel only
Week 8	Increase heel weight bearing only while in boot – still use scooter
Week 10 –Week 12	Begin to walk in boot only – no standing/walking without boot
Week 12	3 rd Visit. Begin to walk more in boot and slowly work towards good tennis shoes with inserts. Begin PT
Week 12 – 6 month	<u>Slow</u> transition to activity as tolerated in normal shoe with inserts Every week increasing the amount of time walking per day. Continue PT
6 month	Increase Activity as tolerated. Wear insert if needed. If the plates and screws are a problem then now is the time we remove them.

Common Answers to Common Questions

- Keep Surgical Dressing and splint on until your first follow up appointment.
- **MUST NOT PUT ANY WEIGHT ON YOUR FOOT. NOT EVEN STANDING** until it is time. Standing or walking too early increases the risk of complications and future surgeries.
- Starting week 3 you can use the heel to get out of a chair, car etc. The idea is to only use it for balance **BUT** not walking. **YOU CANNOT** walk on the heel until week 6.
- You must use a knee scooter or crutches
- Do not take any medication with Tylenol (acetaminophen). The medication we provide contains Tylenol. Too much Tylenol can damage your liver.
- Avoid Stairs if possible. This may mean changing sleeping arrangements until you can walk.
- At 12 weeks you begin to work out of the boot into shoes. It will be a slow process that will take several weeks. During this time you will still need your scooter. You will be very weak and your endurance will be poor.

- I will take up to 6 months before you feel comfortable spending the whole day in normal tennis shoes. It will take 1 year before maximum recovery is expected.

- Recommended Equipment
 1. Knee Scooter
 2. 2 Walkers (1 left in bathroom, 1 for other rooms)
 3. Cast Bag for Bathing
 4. Shower stool

Splint/Cast Instructions

After surgery a splint and cast are used to immobilize the ankle. Do not attempt to walk or move the ankle while the splint or cast. You can wiggle your toes. Also do not get your splint wet. You should keep it dry at all times. Please do not put anything into to the splint or cast to scratch the skin. This can cut the skin and lead to infections.