

## 2009.2.4 (XR)

A 38 year old woman presents with severe pain in her right foot after a fall from her motorcycle 2 hours earlier. She has no other injuries.



- Describe and interpret her X-rays (50%)
- Outline your management (50%)

AP and lateral X-rays showing a Lisfranc fracture/dislocation of the right foot. It will require analgesia, immobilisation, elevation, as well as assessment for neurovascular status (unlikely to be affected) and foot compartment syndrome (rare). She will need admission under orthopaedic surgery to definitively treat this potentially disabling injury.

XR AP/Lateral of right foot:

soft tissue swelling

Injury of Lisfranc or tarso-metatarsal joint of right foot

**avulsion fracture 2nd MT**

**proximal fracture**

**small fragment** suggests avulsion at site of Lisfranc ligament

**lateral translation of 2nd-5th metatarsals (forefoot dislocation)**

**no dorsal dislocation**

Consistent with **Lisfranc injury** with foot swelling

**serious injury**

**urgent treatment required**

potentially disabling

## Management

### Supportive

**analgesia** – morphine IV 2mg aliquots titrated to pain (**appropriate agent and dose**)

### Specific

**elevation** of injured limb

**below knee backslab** immobilisation

**urgent orthopaedic referral**

reduction not generally performed pre-theatre

assess distal sensation, vascular supply (though not expecting deficit)

serial assessment for compartment syndrome (foot compartment syndrome rare)

consider CT as pre-operative planning in consultation with orthopaedic surgeon

**other investigations pre-operatively** in consultation with anaesthetist as required

**NBM if anticipating theatre** in consultation with orthopaedic surgeon

### Disposition

**Admit under orthopaedic surgeon**