

# Lisfranc joint

The Lisfranc joint is the articulation between *the tarsal* and *metatarsal bones*. It includes *articulationes tarsometatarsales* and *articulationes intermetatarsales*.

## General description of the joint

The Lisfranc joint is folded and flat. It forms a functional connection that is involved in the suspension movements of the leg. The fourth and fifth metatarsals are the most mobile, thanks to which this part of the foot adapts better to the surface. The other joints are very little movable. *Surgical exarticulation* is performed in the cleft of this joint .



Lisfranc joint (red line)

## Joint capsules and ligaments

The joint capsules are short and stiff but flexible. During strengthening, the ligaments that run dorsally, plantarly and between the bones are used. ***For longitudinal strengthening , the tarsometatarsalia dorsalia, plantaria and interossea ligaments*** are used. With transverse strengthening ***of the ligament of the metatarsalia dorsalia, plantaria and interossea***. Ligaments on the plantar side are of great importance in maintaining the arch of the foot.

## Blood vessels and nerves

Vessels and nerves enter this joint from the same trunk as for the lower metatarsal joint. Small vessels from the *musculi interossei* also enter it.

## Movements

Mobility in the joint is limited only between *the cuneiform axis* and the base of the 1st metatarsal. Plantar flexion, extension and rotation are possible.

**The basic position** of the joint is when standing. **The middle position** corresponds to the basic one.

## Links

### Related Articles

- Joint of the lower limb
- Leg joints
- Ossa tarsi
- Ossa metatarsi
- Chopart's joint

### Bibliography

- ČIHÁK, Radomír. *Anatomie 1*. 3. edition. Praha : Grada Publishing, a.s., 2011. 552 pp. vol. 1. ISBN 978-8-247-3817-8.