

PODIATRY TODAY-TOP 10 INNOVATIONS IN PODIATRY

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TayCo
External Ankle Brace



TayCo External Ankle Brace (TayCo Brace LLC). While there are a variety of ankle foot orthoses (AFOs) and braces on the market, Dr. DeHeer says the TayCo External Ankle Brace is the only external stability AFO for functional ankle treatment.

Dr. DeHeer, who has used the product for over a year, says the TayCo External Ankle Brace provides “excellent stability” while allowing patients to comfortably use their own jogging shoes or work boots. With the TayCo brace fitting over the shoe, Dr. DeHeer says this eliminates overcrowding of the brace in the shoe (allowing for less restrictive shoe options) and reduced pressure points that cause irritation due to bony deformities.

The TayCo External Ankle Brace also provides a viable lightweight alternative (typically 12 ounces) to the cast boot (ranging from two to four pounds), according to Dr. DeHeer, a Diplomate of the American Board of Podiatric Surgery. He also notes that cast boots can cause leg length discrepancies that can lead to secondary back, hip and knee problems. In his experience, Dr. DeHeer says the TayCo brace allows a “much quicker functional recovery” for work, shopping, playing, etc.

Patrick A. DeHeer, DPM is double board certified through the American Board of Podiatric Surgery, specializing in foot surgery, as well as reconstructive rearfoot and ankle surgery. He holds professional memberships with the American Podiatric Medical Association, the American College of Foot and Ankle Pediatrics, and the American College of Foot and Ankle Surgeons, among others. Dr. DeHeer is also the inventor of the Equinus Brace™, a revolutionary brace helps improve issues with posterior tibial tendinitis and similar conditions. Dr. DeHeer is a leading expert and international speaker for modern podiatry care.

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Top 10 Reasons to avoid the Walking Boot

1. Poor Compliance
2. Limb Length Discrepancy causing Pain in Back, Knee, Hip (has resulted in class action lawsuits against boot manufacturers)
3. Severely Altered Gait (resulting in decreased balance and increased energy expenditure)
4. Heavy (2-4 lbs), especially for weak or elderly patients
5. Not workboot or workshoe compliant
6. Increased risk of slip and fall
7. Low patient satisfaction
8. Non-Functional (limits patient returning to normal daily activities and can cause muscle atrophy)
9. No Fixed to ROM Conversion, increasing likelihood of long term functional impairment
10. Instability

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