



Dr. James Flynn Treatment Protocol Ligament/Tendon/Arthroscopy Postop

Ankle Injury

TayCo brace may be considered following several different surgeries:

- Brostrom ligament reconstruction
- Deltoid reconstruction
- Peroneal tendon repair/reconstruction
- Posterior tibial tendon repair/reconstruction
- Ankle arthroscopy

The **Acute TayCo External Ankle Brace** provides stability without limiting function to patients recovering from acute ankle injuries. It fits over the user's footwear, providing comfort and protection against soft tissue damage. The brace fully restricts inversion and eversion of the ankle with options for immobilization and range of motion (ROM) for plantarflexion and dorsiflexion.

Treatment Protocol

Use of the brace commences when weight bearing begins, provided soft tissue swelling allows the concurrent use of a shoe

Weeks 1 & 2

- Splint, ice, elevate to decrease swelling

Weeks 3 & 4 (or sooner if swelling allows)

- ROM Acute TayCo External Ankle Brace with walking or jogging shoe
- PWB to commence as allowed by individual protocol
- Ankle dorsiflexion/plantarflexion 3 times daily
- Remove brace to sleep and at rest

Weeks 8–12

- Convert to lace up ankle brace gradually per individual protocol

Consider Custom TayCo External Ankle Brace if patient has significant deformity

Outcomes

*The **TayCo External Ankle Brace** is excellent for control of inversion and eversion. Healing is equivalent to treatment with cast or walking boot but has decreased back, hip, and knee pain compared to walking boot. Patient satisfaction is very high with the potential for accelerated return to function/ADLs/work and full range of motion compared to walking boot and other solutions.*





Dr. James Flynn
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Dr. Jim Flynn is a 2003 graduate of the University of Notre Dame and a 2008 graduate of Rutgers-New Jersey Medical School. He was a chief resident in orthopaedic surgery at Penn State and then completed a foot and ankle fellowship at the University of Pittsburgh Medical Center. Has incorporated TayCo Brace into his regular treatment protocols for many ankle and hindfoot pathologies.