



Dr. James Flynn Treatment Protocol

Postop Ankle and Hindfoot Fusion Protocol

Ankle Injury

Ankle and Hindfoot Fusion: PostOp

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

- Start with splint and cast treatment for first 6-8 weeks, NWB
- At 6-8 weeks, Transition to Fixed Acute **TayCo External Ankle Brace** when the foot is radiographically ready to begin bearing weight (patient's foot edema must be resolved to the point to accommodate a regular shoe and the brace)
 - Begin with 25% WB, advance by 25% per week until full WBAT in brace
- After 4 weeks of wearing brace, obtain new x-rays. If sufficient healing, convert Fixed **TayCo External Ankle Brace** to ROM for outdoor activities and make transition to WB without brace for indoor activities.
- Continue to use **TayCo External Ankle Brace** for outdoor activities until at least 6 months post-op



Consider Custom TayCo External Ankle Brace if patient has significant deformity or potential for wound complications

Outcomes

*The **TayCo External Ankle Brace** is excellent for control of inversion and eversion. The healing of the postop ankle and hindfoot fusion is equivalent to treatment with cast or walking boot but has decreased back, hip, and knee pain compared to walking boot. Fitting the brace to the outside of the patient's footwear allows for compatibility with a custom orthotic unlike competitive solutions. The comfort, ease of application, and lightweight construction leads to improved patient compliance, satisfaction, and excellent outcomes compared with other AFOs.*



Dr. James Flynn
South Bend Orthopedics,
Consulting Physician for University
of Notre Dame Athletics



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.