



Dr. James Flynn Treatment Protocol Peroneal Tendinitis Protocol

Ankle Injury

Peroneal Tendinitis/tearing with weakness

Patient

Patients whose comorbidities may preclude them from surgery

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

- At time of diagnosis, provided swelling is minimal, treat with a ROM Acute **TayCo External Ankle Brace** to stabilize the ankle and hindfoot from falling into further varus (If severe deformity or concern for soft tissue compromise, consider Custom TayCo External Ankle Brace)
- Initially, wear for all weight bearing activities, remove for rest
- Once acute pain has greatly resolved, use may be tailored for those activities that involve uneven ground
- Must be used in combination with a custom orthotic to support the hindfoot, midfoot, and forefoot, typically with lateral hindfoot and forefoot posting



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. The TayCo Brace is compatible with the patient's own footwear and custom orthotic unlike competitive solutions. 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.