



Dr. Christopher Gauland Treatment Protocol

Acute Ankle Sprain

Ankle Injury

Acute Ankle Sprain (Grade II)

Patient

22-year-old female collegiate volleyball player with an unremarkable medical history

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

- Day 1: Patient placed in a Fixed Acute **TayCo External Ankle Brace** and instructed to allow partial weight-bearing with crutches as tolerated.
- Day 3: Patient able to ambulate in the **TayCo External Ankle Brace** without crutches, and no significant pain reported by patient.
- Day 7: Patient pain free with ambulation and was allowed limited training.
- Day 14: Fixed **TayCo External Ankle Brace** converted to ROM. Patient allowed protected dorsiflexion and plantarflexion and increased activity.
- Day 21: Patient allowed to return to competitive athletics wearing the **TayCo External Ankle Brace**
- Day 35: Patient allowed to ease out of the **TayCo External Ankle Brace** and return to full activity.



Outcomes

*The use of the Acute **TayCo External Ankle Brace** allowed this patient to be immediately weight-bearing and active. It protected any further damage to the ankle complex, including the ATFL, and allowed the ATFL to heal in anatomical alignment and to prevent future instability and its sequelae. Patient was also able to return to competition much sooner than standard protocols and prevented the need for an MRI and possible surgical intervention. Relative to competitive products, the **TayCo External Ankle Brace** provided superior stability and the ability to convert from Fixed to ROM (internal ankle braces can allow re-sprain).*



Dr. Christopher Gauland
Eastern Carolina Foot and Ankle

Christopher J. Gauland, DPM earned his medical degree from the Temple School of Podiatric Medicine in Philadelphia. His post-graduate training included completing surgical residency training at the Midwest Medical Center in Indianapolis, Indiana, the Midwestern Regional Medical Center/Cancer Treatment Centers of America in Zion, Illinois, and Limb Salvage training at the Diabetic Foot Center of Lake County, Illinois. He lectures across the country and internationally on topics regarding foot and ankle infection, wounds, foot and ankle trauma and limb salvage.

