



## Dr. Christopher Gauland Treatment Protocol

### Chronic Midfoot Pain

#### Foot Pain

Chronic Midfoot pain

#### Patient

56 year old female, sedentary due to chronic unilateral midfoot pain. No known trauma. Failed OTC and custom orthotics, physical therapy, CAM walker.

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

- Week 1: Patient placed in a Fixed Acute **TayCo External Ankle Brace**. Patient instructed to rest for one week and then start a program of low impact activity such as walking every other day.
- Week 4: Patient reports no pain in or out of the **TayCo External Ankle Brace**. Fixed TayCo converted to ROM to allow full dorsiflexion and plantarflexion.
- Week 6: Patient transitioned out of the **TayCo External Ankle Brace** and into custom-molded orthotics which now are comfortable and functioning to control midfoot pain and reduce the chance of arthritic breakdown.



#### Outcomes

*The **TayCo External Ankle Brace** kept patient active and controlled pain. Patient was able to wear custom orthotics without pain and return to an active lifestyle. The **TayCo External Ankle Brace** can control any chronic instability, especially when midfoot has a lot of breakdown. Relative to competitive products, the **TayCo External Ankle Brace** provides superior stability and the ability to convert from Fixed to ROM.*



**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.

