



Dr. Christopher Gauland Treatment Protocol Acute Ankle Sprain

Ankle Injury

Peroneal Tenosynovitis

Patient

42-year-old weekend athlete presents with chronic lateral ankle pain, 6 months S/P lateral ankle sprain. Failed over-the-counter insoles, "figure-8" ankle brace.

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 Fixed Acute **TayCo External Ankle Brace**.
- Day 7: Patient able to walk on treadmill with **TayCo External Ankle Brace**.
- Day 14: Patient reports no pain while ambulating in the **TayCo External Ankle Brace**, minimal pain without the Brace. Fixed **TayCo External Ankle Brace** converted to ROM to allow full dorsiflexion and plantarflexion.
- Day 28: Patient reports no pain or discomfort, with or without the **TayCo External Ankle Brace**. Patient transitioned into custom molded orthoses.



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 peroneal tendons. It also allowed the ATFL to heal in anatomical alignment and to prevent future tenosynovitis and its sequelae. Patient was also able to return to normal daily activities 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.*



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.

