



## Dr. James Flynn Treatment Protocol Non-Operative Ankle Fracture

### Ankle Injury

Nondisplaced or Minimally Displaced Fractures, Stable Pattern (Avulsion fractures, Weber A and B without syndesmosis involvement, etc.)

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

#### Weeks 1 & 2

- Splint, ice, elevate to decrease swelling

#### Weeks 3 & 4 (or sooner if swelling allows)

- Fixed **Acute TayCo External Ankle Brace** with walking or jogging shoe
- Partial weight bearing in the brace with crutches
- Ankle dorsiflexion/plantarflexion 3 times daily
- Remove brace to sleep and at rest

#### Weeks 5 & 6

- Repeat xrays
- Progress to full WBAT in brace if indicated
- Convert Fixed **TayCo External Ankle Brace** to ROM
- Continue ROM exercises, begin gentle strengthening
- May initiate physical therapy if indicated or desired

#### Weeks 7 & 8

- Wean out of brace as indicated by x-rays
- Initially for indoor activities then progress to more outdoor activities as tolerated

*Consider Custom TayCo External Ankle Brace if patient has significant deformity*

### Outcomes

*The **TayCo External Ankle Brace** is excellent for control of inversion and eversion. The healing of the fracture is equivalent to treatment with cast or walking boot but has decreased back, hip, and knee pain compared to walking boot. 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.*





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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.

