



## Dr. James Flynn Treatment Protocol Posterior Tibial Tendinitis

### **Ankle Injury**

Stage IIB, III, and IV Posterior Tibial Tendinitis

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, consider a ROM **Acute TayCo External Ankle Brace** to stabilize the ankle and hindfoot from falling into further valgus. If severe deformity (stage IV), or concern for soft tissue compromise, consider ROM **Custom TayCo External Ankle Brace**
- Must be used in combination with a custom orthotic to support the hindfoot, midfoot, and forefoot
- 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
- Alvarez protocol with physical therapy is useful for strengthening the posterior tibial tendon, especially with stage II PTTD

### **Outcomes**

*The **TayCo External Ankle Brace** is excellent for control of inversion and eversion. The healing of the injury is equivalent to treatment with cast or walking boot but has decreased back, hip, and knee pain compared to walking boot. Fitting the brace to the outside of the patient's footwear allows for compatibility with a custom orthotic unlike competitive solutions.*

*The comfort, ease of application, and lightweight construction leads to improved patient compliance, satisfaction, and excellent outcomes compared with other AFOs.*



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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.