



## Dr. Patrick A. DeHeer's Treatment Protocol Posterior Tibial Tendon Dysfunction

### Ankle Injury

Posterior Tibial Tendon Dysfunction (PTTD) - Stages II-IV

### Patient

Typically, middle aged patients 40-60 years old

### Treatment Protocol

#### Stage II Flexible Deformity

- The Acute or Custom TayCo External Ankle Brace provides the ability to use a custom, disease specific in the shoe orthotic to provide corrective support to the foot with the TayCo brace providing ankle and lower leg support, specifically to the deltoid ligament complex and to the posterior tibial tendon originating in the lower leg (Custom or Acute based on deformity, Brace typically dispensed Fixed)

#### Stage III Rigid Deformity

- The Custom TayCo External Ankle Brace provides the ability to use an accommodative orthotic to provide some support to the foot with the TayCo brace providing ankle and lower leg support, specifically to the deltoid ligament complex and to the posterior tibial tendon originating in the lower leg. Brace typically dispensed Fixed

#### Stage IV Deformity

- The Custom TayCo External Ankle Brace provides the ability to use a custom, disease specific in the shoe orthotic to provide corrective support to the foot for flexible deformities or an accommodative orthotic to provide some support to the foot for rigid deformities with the TayCo Brace providing ankle and lower leg support, specifically to the deltoid ligament complex (which is attenuated in this stage) and to the posterior tibial tendon originating in the lower leg. Brace typically dispensed Fixed.



### Outcomes

*The Tayco External Ankle Brace provides an excellent ankle foot orthoses (AFO) option for patients requiring ankle and foot stabilization or immobilization that attaches to a shoe instead of being put into a shoe. Many AFOs are challenging to fit into the limited space within a shoe. By attaching to the shoe externally, the TayCo Brace is an effective, user-friendly device. Additionally, the TayCo Brace allows for the use of a custom or accommodative orthoses.*

*With the TayCo External Ankle Brace, patients experience earlier return to function, better compliance, and better satisfaction relative to competitive products. Patient outcomes also improved, mainly due to compliance.*

*The TayCo External Ankle Brace is also a good non-surgical option, or can be a conservative option before treatment.*



**Dr. Patrick DeHeer Hoosier  
Foot and Ankle, Consulting  
Physician for the Indiana  
Pacers**



Dr. DeHeer earned a doctor of podiatric medicine degree from the Dr. William M. Scholl College of Podiatric Medicine in Chicago, and completed his residency in podiatric surgery at Winona Memorial Hospital in Indianapolis and a fellowship in foot and ankle arthroscopy under one of the most innovative and well-known podiatrists in Indianapolis, Richard O. Lundeen, DPM. Dr. DeHeer is a leading expert and international speaker for modern podiatry care.