



THUASNE®

Ankle Sprain Solutions

- Ligastrap® Malleo
- Malleo Dynastab®
- Ligacast®

*Malleo Dynastab®
BOA® Open*




ANKLE SPRAIN

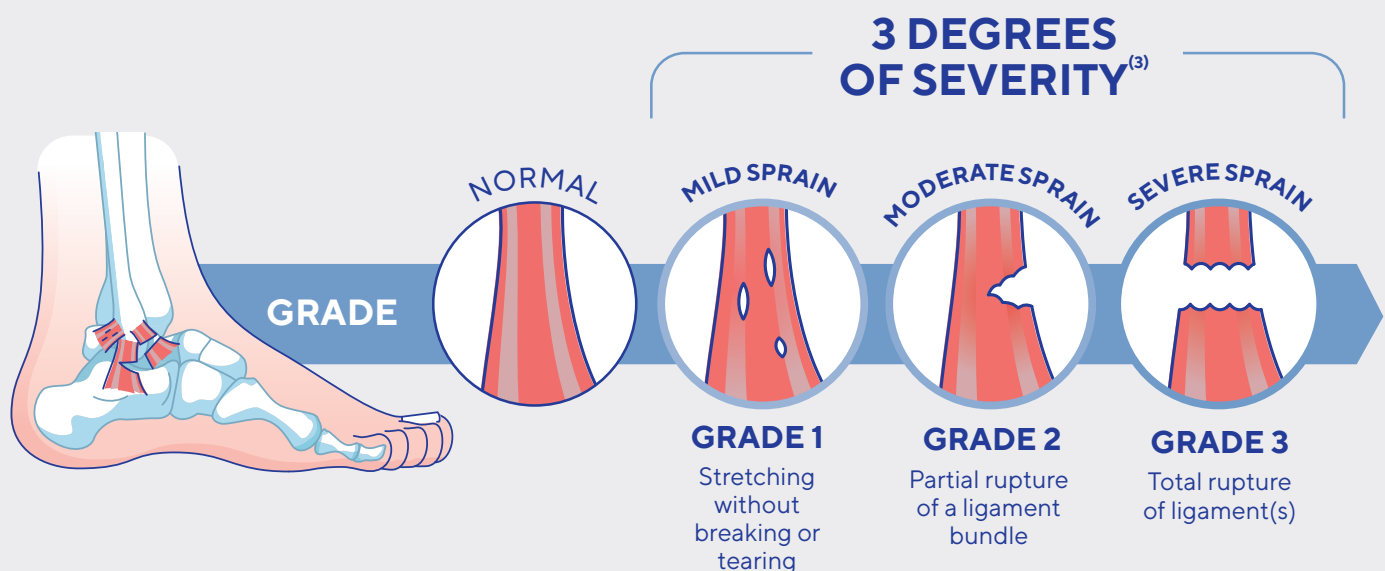
is an injury involving one or more ankle ligaments, and of varying severity, ranging from a simple stretch to a partial or complete rupture⁽¹⁾.

1st trauma
of the **musculoskeletal system**⁽¹⁾



2.2 M 
consultations per year⁽¹⁾

70% 
of individuals may develop
chronic instability over a short
period of time after the initial injury⁽²⁾.



(1) <https://www.ameli.fr/assure/sante/themes/entorse-cheville/reconnaitre-entorse-cheville> (janvier 2021).

(2) Herzog MM, Kerr ZY, Marshall SW, Wikstrom EA. Epidemiology of Ankle Sprains and Chronic Ankle Instability. J Athl Train. 2019 Jun;54(6):603-610. doi: 10.4085/1062-6050-447-17. Epub 2019 May 28. PMID: 31135209; PMCID: PMC6602402.

(3) Single use medical compression/bracing devices. Use in orthopedic/rheumatology/traumatology, HAS 2012.

Illustration: Thuasne®

THERAPEUTIC APPROACH⁽⁴⁾

The **RICE protocol** + ankle **immobilisation**:

RICE PROTOCOL



REST

To avoid aggravating the injury.



ICE

For pain relief.



COMPRESSION

To reduce swelling.

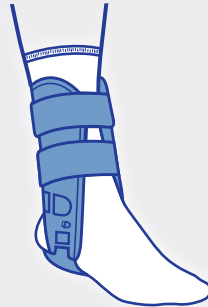


ELEVATION

To promote venous return, elevate the injured limb when sitting or lying down.



ORTHOSIS



OBJECTIVE

Use of a brace can help:

- Reduce the use of analgesics⁽⁴⁾
- Preserve quality of life and autonomy⁽⁴⁾
- Maintain professional activity⁽⁴⁾

Resumption of activity after an ankle sprain⁽⁵⁾:

Mild Sprain

1 to 3
WEEKS

Moderate Sprain

4 to 6
WEEKS

Severe Sprain

6 WEEKS
to
3 MONTHS

The consequences of a badly treated ankle sprain⁽⁶⁾:

Ankle sprains are the most common form of joint trauma.

The consequences of an improperly treated ankle sprain are far from negligible:

- Chronic pain
- Osteoarthritis
- Instability with risk of reinjury
- Activity limitation
- Joint stiffness

(4) Van den Bekerom, M. P., Struijs, P. A., Blankevoort, L., Welling, L., van Dijk, C. N., & Kerkhoffs, G. M. «What is the evidence for rest, ice, compression, and elevation therapy in the treatment of ankle sprains in adults?» Journal of athletic training, 2012: 435-443.

(5) <https://www.ameli.fr/assure/sante/themes/entorse-cheville/reprise-activites-evolution>.

(6) Maffulli N, Ferran NA. Management of acute and chronic ankle instability. J Am Acad Orthop Surg. 2008 Oct;16(10):608-15. doi: 10.5435/00124635-200810000-00006. PMID: 18832604.

Ligastrap[®] Malleo

*Proprioceptive ligament ankle brace
with functional strapping*

MAIN INDICATIONS

- Mild ankle sprain.

Activity level

Linear sports.
Moderate level
of activity.

EASY TO APPLY

- Partial opening over the calf.
- Pull tabs.
- Fitting guidance (numbered straps).

STRAPPING STABILIZATION FOR REINFORCED SUPPORT

Double lateral strapping system:

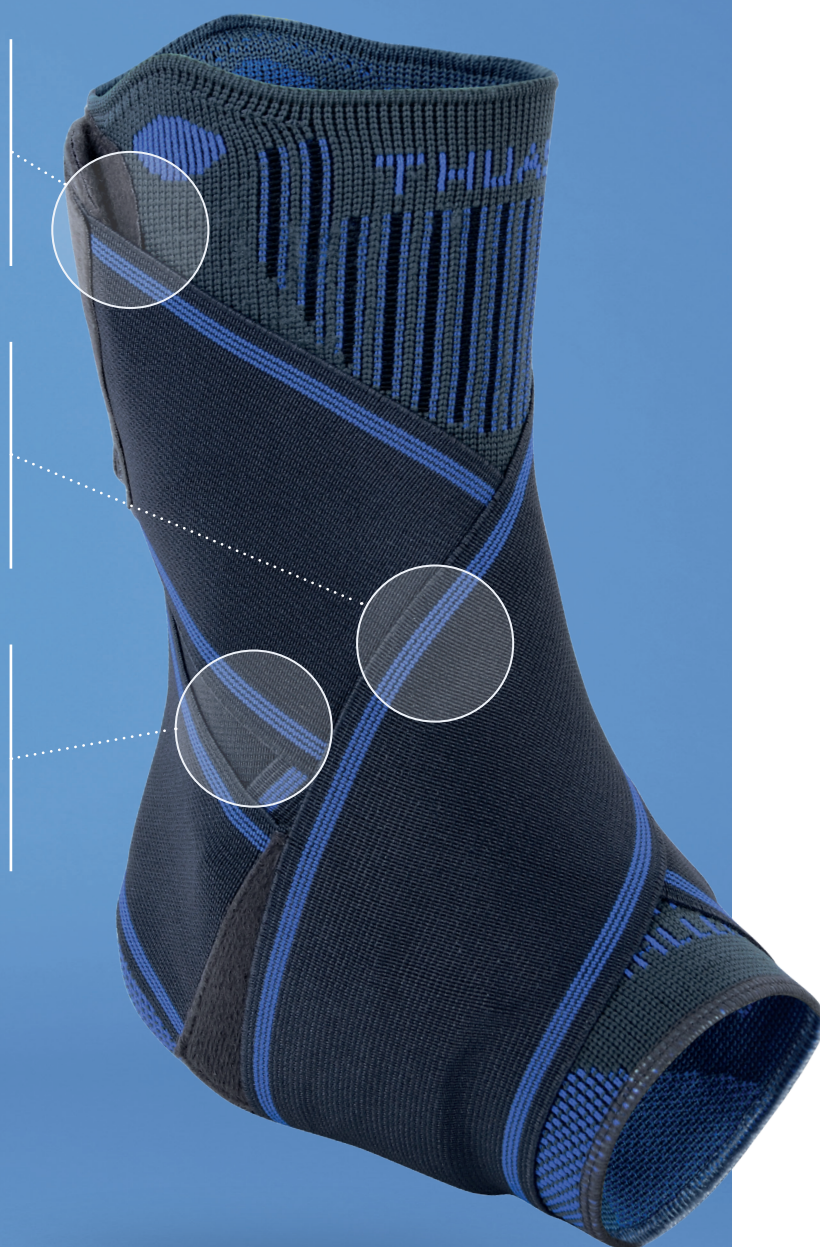
- 1st set of straps secures the ankle joint.
- 2nd set of straps places the ankle in slight eversion position for additional stability.

PROPRIOCEPTION

- Compressive knit (20-36 mmHg/27.1-48 hPa).
- Anatomically-shaped knit with specific comfort zone on the malleoli⁽¹⁾.

PRACTICAL

- Bilateral model.
- Available in 5 sizes.



(1) Internal CE marking data.

Ligastrap® Malleo

Proprioceptive elastic ankle brace with stabilizing straps.

MAIN INDICATIONS

- Mild ankle sprain.
- Joint instability/laxity.
- Residual ankle pain/oedema.

Ankle circumference

	1	19 - 21 cm
	2	21 - 23 cm
	3	23 - 25 cm
	4	25 - 27 cm
	5	27 - 30 cm



For mild support discover also...

MalleoAction

Proprioceptive elastic ankle support.



SUPPORT

- Proprioceptive effect: compressive knit (20-36 mmHg/27.1-48 hPa).


COMFORT

- Anatomically-shaped knit with specific comfort zone on the malleoli⁽¹⁾.

SIMPLICITY

- Design facilitating positioning of the heel and malleoli.
- Pull tabs.

Sizing: Ankle circumference

	1	7 - 8 1/4"
	2	8 1/4" - 9"
	3	9" - 10"
	4	10" - 10 3/4"
	5	10" - 11 1/2"

Malleo Dynastab®

*Immobilizing/stabilizing ankle braces
with bilateral support*

MAIN INDICATIONS

- Moderate to severe ankle sprain.
- Activity level
Pivot sports. High level of activity.

IMMOBILIZATION/STABILIZATION

- Rigid metallic wire stays provide lateral reinforcement for enhanced support.
- Figure-8 elastic straps help prevent ankle inversion/eversion.

ADAPTABLE TO PATIENT NEEDS & COMFORT

- Bilateral model.
- Removable stays.
- Posterior opening to ease application (Malleo Dynastab® BOA® Open).
- Aerated lining to help wick away moisture.

LOW-PROFILE DESIGN

- Lightweight⁽¹⁾, thin lateral wire stays combined with a thin and cushioning inner sleeve material.
- Fits most shoes.

ADAPTABLE TO DIFFERENT PATIENT SHAPES

- Stays position is adjustable for tailored fit and to avoid pressure on the malleoli.
- Available in 3 sizes with additional size 0 (equivalent junior) (Malleo Dynastab® BOA®)
- BOA® Fit System⁽²⁾ quick, even and micro-adjustable tightening.
- Lacing system to allow different level of tightness for different zones.



(1) Shell vs stays.

(2) BOA® is a registered trademark of BOA® technology inc.

Malleo Dynastab® range

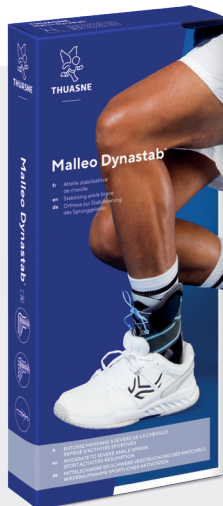
3 solutions to adapt to patients' needs.

INDICATIONS

- Moderate to severe ankle sprain.
- Chronic ankle instability.
- Ankle pain/oedema.



Malleo Dynastab® BOA® Open



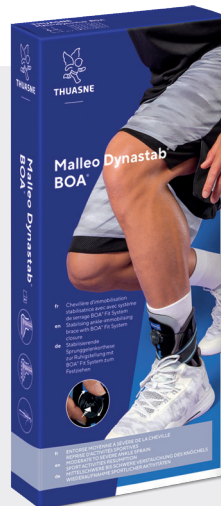
Malleo Dynastab®

Lace closure system

- Provides targeted tightening to ease fit on atypically shaped lower limbs (e. g. thin foot).

Sizing: Ankle circumference

1	7 - 9"
2	9 - 10 1/4"
3	10 1/4 - 12"



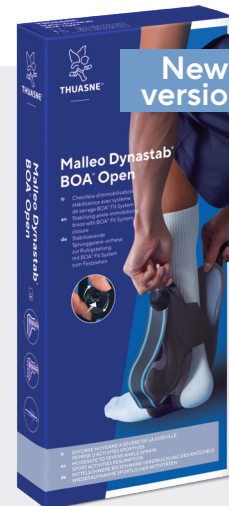
Malleo Dynastab® BOA®

BOA® Fit System⁽²⁾

- Easy and quick closure.
- Even tightening.

Sizing: Ankle circumference

0	6 1/4 - 7"
1	7 - 9"
2	9 - 10 1/4"
3	10 1/4 - 12"



Malleo Dynastab® BOA® Open

BOA® Fit System⁽²⁾ with a full posterior opening

- Easy step-in application.
- Easy and quick closure.
- Even tightening.

Sizing: Ankle circumference

1	7 - 9"
2	9 - 10 1/4"
3	10 1/4 - 12"

WINGS FOR YOUR HEALTH



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