

## What are my treatment options?

### Nonsurgical Treatments



- Rest, ice, compression, elevation ("RICE")
- Anti-inflammatory medicines
- Physical therapy
- Sports tape or ankle support braces
- Hope it heals on its own

If conservative treatments have failed to provide a solution, it may be time to consider surgery.

### Surgical Treatment



Surgical repair with *InternalBrace*™ can restore function, add strength, and help protect your ankle from reinjury.<sup>2,3</sup> The *InternalBrace* procedure allows for **considerably faster recovery** than traditional repair surgery so you can return to the activities you love sooner.<sup>2</sup>



1 in 5 people who incur an ankle sprain report having long-term ankle problems<sup>4</sup>; the rate is even higher, 1 in 3, for athletic populations<sup>5</sup>

Attach surgeon contact information here

Learn more at  
[www.anklesprain.com](http://www.anklesprain.com)

Find a doctor and hear from experts who perform *InternalBrace*™ ligament augmentation.

#### References

1. Waterman BR, Belmont PJ, Jr, Cameron KL, Deberardino TM, Owens BD. Epidemiology of ankle sprain at the United States Military Academy. *Am J Sports Med.* 2010;38:797-803. doi:10.1177/0363546509350757. PubMed
2. Coetzee JC, Ellington JK, Ronan JA, Stone RM. Functional results of open Broström ankle ligament repair augmented with a suture tape. *Foot Ankle Int.* 2018;39:107110071774236. doi:10.1177/1071100717742363. PubMed
3. Viens NA, Wijidicks CA, Campbell KJ, Laprade RF, Clanton TO. Anterior talofibular ligament ruptures, part 1: biomechanical comparison of augmented Broström repair techniques with the intact anterior talofibular ligament. *Am J Sports Med.* 2014;42(2):405-411. doi:10.1177/0363546513510141. Google Scholar SagePub
4. Hiller CE, Nightingale EJ, Raymond J, et al. Prevalence and impact of chronic musculoskeletal ankle disorders in the community. *Arch Phys Med Rehabil.* 2012;93(10):1801-1807. doi:10.1016/j.apmr.2012.04.023 Google Scholar PDF
5. Gribble PA, Bleakley CM, Caulfield BM, et al. Evidence review for the 2016 International Ankle Consortium consensus statement on the prevalence, impact and long-term consequences of lateral ankle sprains. *Br J Sports Med.* 2016;50(24):1496-1505. doi:10.1136/bjsports-2016-096189
6. Maffulli N, Del Buono A, Maffulli GD, et al. Isolated anterior talofibular ligament Broström repair for chronic lateral ankle instability: 9-year follow-up. *Am J Sports Med.* 2013;41(4):858-864. doi:10.1177/0363546512474967 PubMed
7. Braun BL. Effects of an ankle sprain in a generic clinical population 6 to 18 months after medical evaluation. *Arch Fam Med.* 1999;8(2):143-148. PDF

The information contained in this brochure is not medical advice and is not meant to be a substitute for the advice provided by a surgeon or other qualified medical professional on the use of these products. You should talk with your physician or health care provider for more information about your health condition and whether Arthrex products might be appropriate for you. The surgeon who performs any surgical procedure is responsible for determining and using the appropriate techniques for surgical procedures on each individual patient. Arthrex recommends that surgeons be trained on the use of any particular product before using it in surgery. A surgeon must always rely on their own professional medical judgment when deciding whether to use a particular product when treating a particular patient. A surgeon must always refer to the package insert, product label, and/or directions for use before using any Arthrex product. Postoperative management is patient-specific and dependent on the treating professional's assessment. Individual results will vary and not all patients will experience the same postoperative activity level or outcomes. Products may not be available in all markets because product availability is subject to the regulatory approvals and medical practices in individual markets. Please contact Arthrex if you have questions about the availability of products in your area.



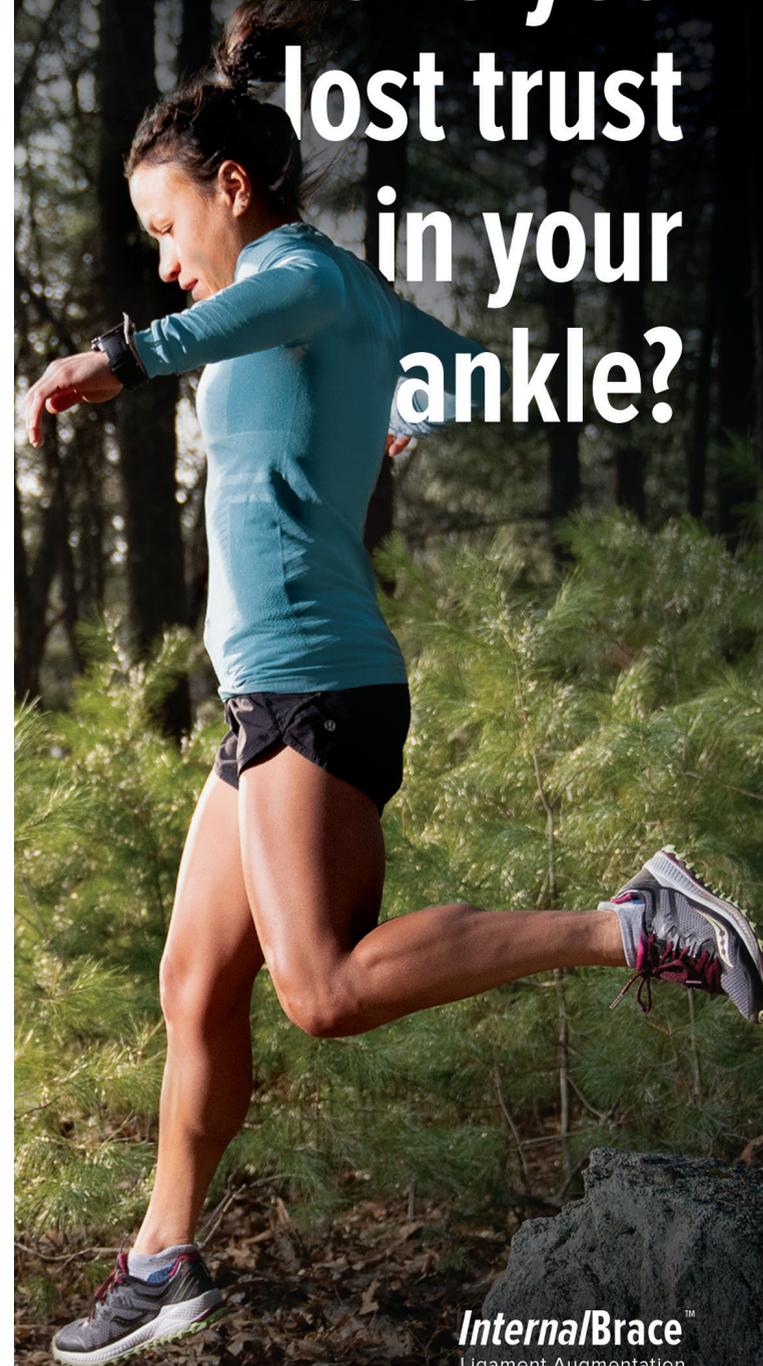
[www.anklesprain.com](http://www.anklesprain.com)

©2020 Arthrex, Inc. All rights reserved. pLB1-000086-en-US\_B

1370 Creekside Boulevard, Naples, Florida 34108-1945  
Tel: 800-933-7001 or 239-643-5553 • Fax: 239-591-6980

[www.anklesprain.com](http://www.anklesprain.com)

# Have you lost trust in your ankle?



**InternalBrace**™  
Ligament Augmentation



Are weak, unstable ankles and the fear of recurring sprains limiting your active lifestyle?

You're not alone. But there is hope.

The *InternalBrace*™ procedure is helping people just like you get back on their feet and stand strong.

### What is chronic ankle instability (CAI)?

Weak and unstable ankles are subject to suddenly rolling, causing the band of ligaments that stabilizes the outside of your ankle to stretch or even tear. Incomplete healing after an ankle injury may result in continued deterioration of the ligaments and a cycle of chronic instability and sprains with the possibility of developing ankle arthritis over time.

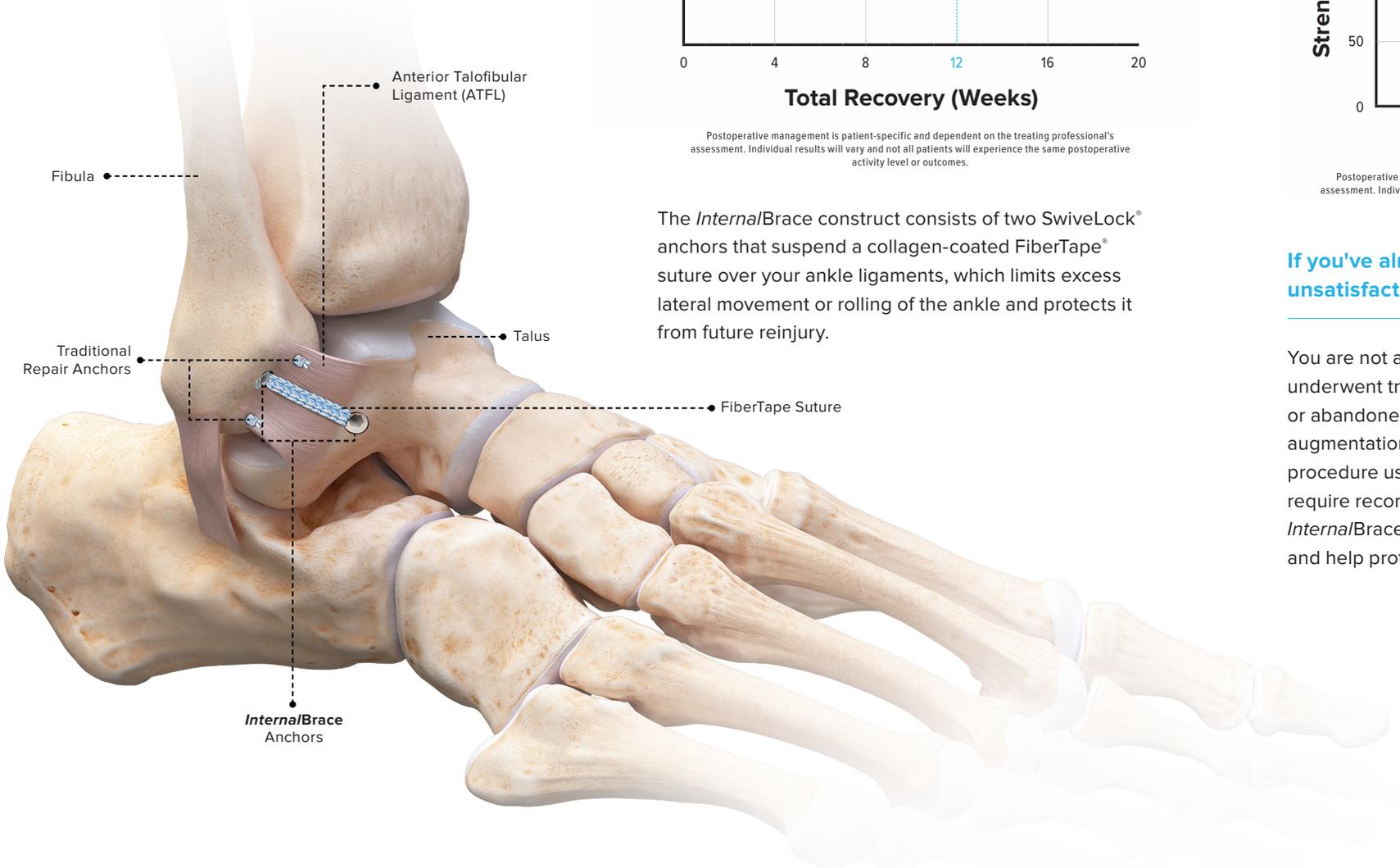
# #1

Ankle sprains are the most common sports injury with an estimated **2+ million sprains** occurring annually in the United States<sup>1</sup>

## Why *InternalBrace*™?

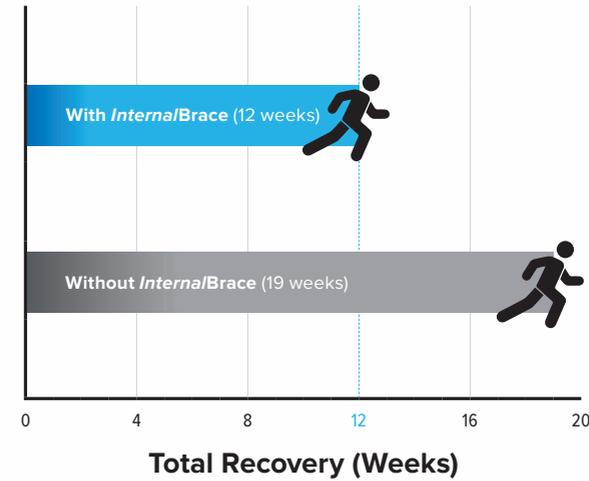
This innovative procedure helps protect your repaired ligament from reinjury and allows immediate range of motion. Early post-surgery movement promotes healthy ligament healing that leads to a stronger, more stable ankle and a faster return to daily life.

Similar to how a seat belt protects you in a car crash, the *InternalBrace* helps protect your surgically repaired ligament. The *InternalBrace* allows freedom for your ankle to function normally but limits abnormal or excessive movement that may overstretch or harm your underlying ligament repair.



## Recover Faster

The *InternalBrace*™ procedure **accelerates recovery and rehabilitation**<sup>2</sup> to get patients back to their activities faster.

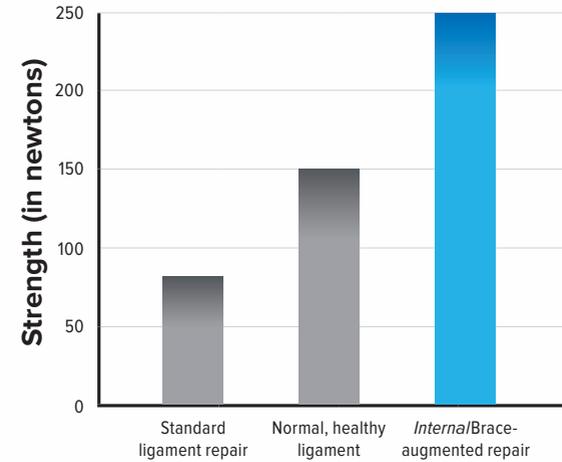


Postoperative management is patient-specific and dependent on the treating professional's assessment. Individual results will vary and not all patients will experience the same postoperative activity level or outcomes.

The *InternalBrace* construct consists of two SwiveLock® anchors that suspend a collagen-coated FiberTape® suture over your ankle ligaments, which limits excess lateral movement or rolling of the ankle and protects it from future reinjury.

## Recover Stronger

In laboratory studies, traditional ankle repairs failed to meet the strength of a normal, healthy ligament. However, ligaments repaired with *InternalBrace*™ were restored to normal and necessary strength, exceeding that of the pre-injured, healthy ligament.<sup>3</sup>



Postoperative management is patient-specific and dependent on the treating professional's assessment. Individual results will vary and not all patients will experience the same postoperative activity level or outcomes.

### If you've already had ligament surgery with unsatisfactory results...

You are not alone. More than 40% of patients who underwent traditional (Brostrom) surgery stepped down or abandoned athletic activities altogether!<sup>6</sup> *InternalBrace* augmentation of your original repair is a simple revision procedure using a patient's own tissue that does not require reconstruction with donor tissue. Look for an *InternalBrace* doctor to get back to where you started and help protect your ankle from future sprains.<sup>7</sup>

## Patient Stories



**Bethany M**  
"Rather than physical, it became more mental for me because when you have that many setbacks and reinjuries, you operate in a mode of fear. It's been a confidence boost for me. I trust my body again."



**Mike S**  
"As a firefighter, I have to be in top physical shape. A month and a week after the *InternalBrace*™ surgery, I was back to work full-time. My confidence in my ankle and ability to do my job is there 110%."



**Estee H**  
"The recovery is so much easier than fighting the battle of a swollen, uncomfortable, miserable ankle. Because now I can do everything I want to do. The reality of what I am able to do now versus what I couldn't do before is amazing."

These real patients were compensated for the time they took to share their personal experience with the *InternalBrace* procedure.



## Find an *InternalBrace* Doctor Near You

Learn more at [www.anklesprain.com](http://www.anklesprain.com), where you can find a doctor and hear from experts who perform *InternalBrace* ligament augmentation.