

DON JOY BRACING

Don Joy Bracing has been one of the most researched and most successfully used bracing company. The majority of the NFL and a high number of college athletics are using Don Joy braces, as well as orthopaedic surgeons for their post-operative patients. Don Joy has a wide variety to chose from in all joint bracing. They also have programs available for the high school level athletes and are able to work with the high school to meet the needs of the athletes. The most expensive braces are custom fit to each individual and are made to fit securely with the most comfort and more importantly effectiveness. All Don Joy braces purchased for athletics meet all official high school rule books for bracing and the brace joints can be covered with athletic taping to further satisfy officiating crews. We at Nease High School have a Don Joy rep that is supported by our sports medicine team and coaching staff.

To order braces please contact me ASAP. Each athlete should get used to the brace in preseason. Most ankle braces should be worn for practice. I will be taping for games if the comfort level is better for the athletes. Knee braces should be worn at all practices and games.



Nease Football

TAPING AND BRACING

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Ankle Sprains

Ankle sprains are very common in all sports. Most ankle sprains occur laterally, when your ankle twists inward. Ankle sprains can be very painful and cause tremendous swelling and discoloration as well as future problems, such as ankle instability and lack of balance. Treatment begins with decreasing pain and swelling and ends with rehabilitation to increase ankle strength and balance. Chronic ankle instability can lead to reoccurring ankle sprains and loss of function. High ankle sprains occur when the top of the foot is forced up into the ankle joint. These injuries are generally more severe and take longer to recover.

Reasons for Ankle Taping and Bracing

Anyone with a previous injury should rehabilitate properly to prevent the injury from becoming chronic. If the injury is already chronic, bracing is HIGHLY recommended along with rehabilitation. (Those with chronic instability will have laxity in their ankle that can be felt in their sports physical or can be evaluated by the athletic trainer.) Anyone practicing on an uneven surface or on a poorly kept field should take precautions. Anyone performing an extreme amount of cutting movements especially in poor weather should also take precautions.

Ankle Taping Versus Bracing

Ankle taping can be very beneficial early after an injury. The taping can be customized to fit better and to prevent the most problematic movements. However, bracing is more effective once that stage of injury has ended. Bracing is also more beneficial to those trying to prevent an injury. Bracing can give more support, is always available to the athlete where taping may not be, lasts longer and is easier to take off if an injury occurs.

Types of Braces

The BEST type of brace found for ankle sprains can be bought through a sporting goods store or through your athletic trainer. It starts with a sleeve, has laces, and includes Velcro straps that give further support to the ankle ligaments. Your athletic trainer will help you learn how to put the brace on. This brace can cost about \$25-35. Don Joy sells a specialty brace made for preventing high ankle sprains.

Knee Injuries

Knee injuries can be an athlete's nightmare. There are four ligaments in the knee that prevent excessive movement of the joint. The ACL is a surgical repair with a lengthy rehabilitation process. But more commonly injured is the MCL. This does not require surgery but can be a daunting injury. This injury is painful and cause a great deal of swelling. An MCL sprain or tear mostly occurs when someone falls on the outside of an athlete's knee causing it to bend inward. Full MCL tears can be a 3 month recovery process. If an injury of any knee ligament has occurred, a brace is used for the rest of the athlete's career to prevent the injury from re-occurring.

Who is at Risk?

Most at risk for this injury are offensive linemen. They are at risk EVERY play of someone being pushed onto their knee. A quarterback's lead leg is also at risk of someone falling on their knee while they are standing in the pocket.

Taping

There is no taping procedure that is nearly as efficient as the abundance of braces available.

PREVENTIVE BRACING

The same braces used in athletics post-injury can be, and are recommended to be used as a preventive tool for those at a higher risk. Many braces are available through many companies. There IS a difference in bracing and generally you get what you pay for. The higher the cost the better the protection and comfort. At the college and professional levels all offensive linemen are outfitted with custom made bracing from the day they start. Also fitted are, quarterback's lead legs and ankles as well as defensive backs and receiver's ankles. More high schools are becoming involved in preventive bracing, realizing that one person's injury can cost them an entire season. At the high school level parents MUST become involved due to lack of funding for bracing and the protection of their child/athlete. It needs to be thought of as an insurance plan for their child's joints and continuing athletic career.