This doc use Taranis X9d+ as an example, other Frsky TX should follow the same steps.

Useful links:

http://www.open-tx.org/downloads.html
https://www.dronetrest.com/t/how-to-upgrade-firmware-for-frsky-taranis-x9d/959
https://www.rcgroups.com/forums/showthread.php?2451551-FrSky-Taranis-Taranis-Plus-Taranis-E-OpenTX-2-1-X

Install OpenTX Companion

OpenTX Comanion is a PC software tool that you can use to backup, edit and share your Taranis radio's settings. It can also simulate both a model's setup and the radio's own interface on the computer, so it's a great tool to try things even without a radio. This tool is used to update the firmware so you can see a great OpenTX manual 989 on how to use it, or download the extracted chapter below:OpenTX Companion Manual.pdf 124 Lastly if you are having any issues getting your Taranis to talk to your PC, this thread 683 might help.

Download the latest Companion from http://www.open-tx.org/downloads.html, Then click on the file and go through the installation. after installation, edit Companion settings like pic below(the radio type option depands on your own TX):
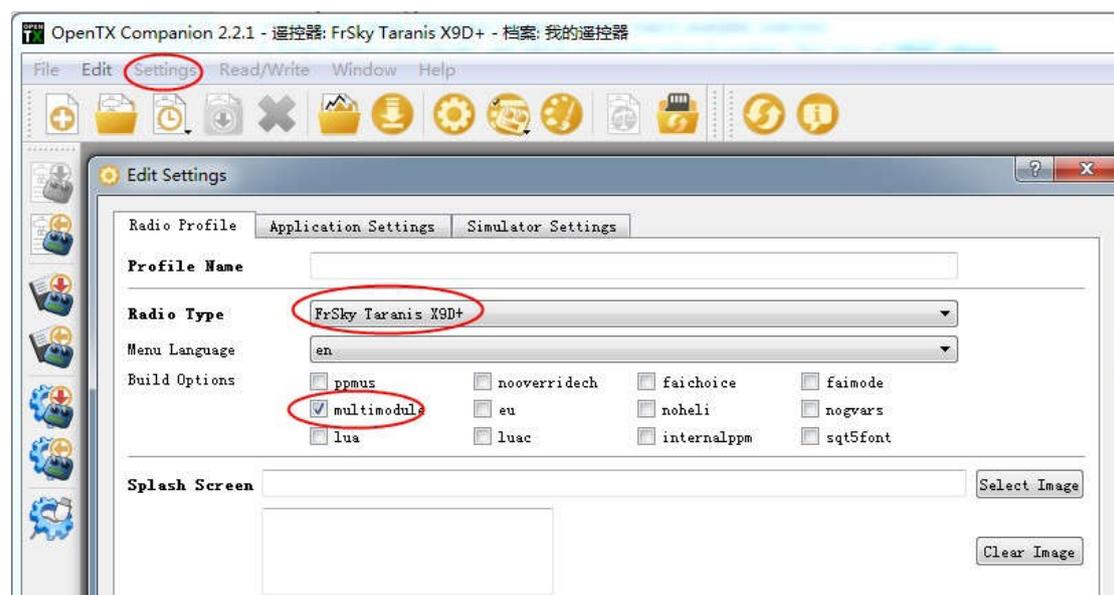
After edit settings, now you can download firmware through Companion like like pic below:
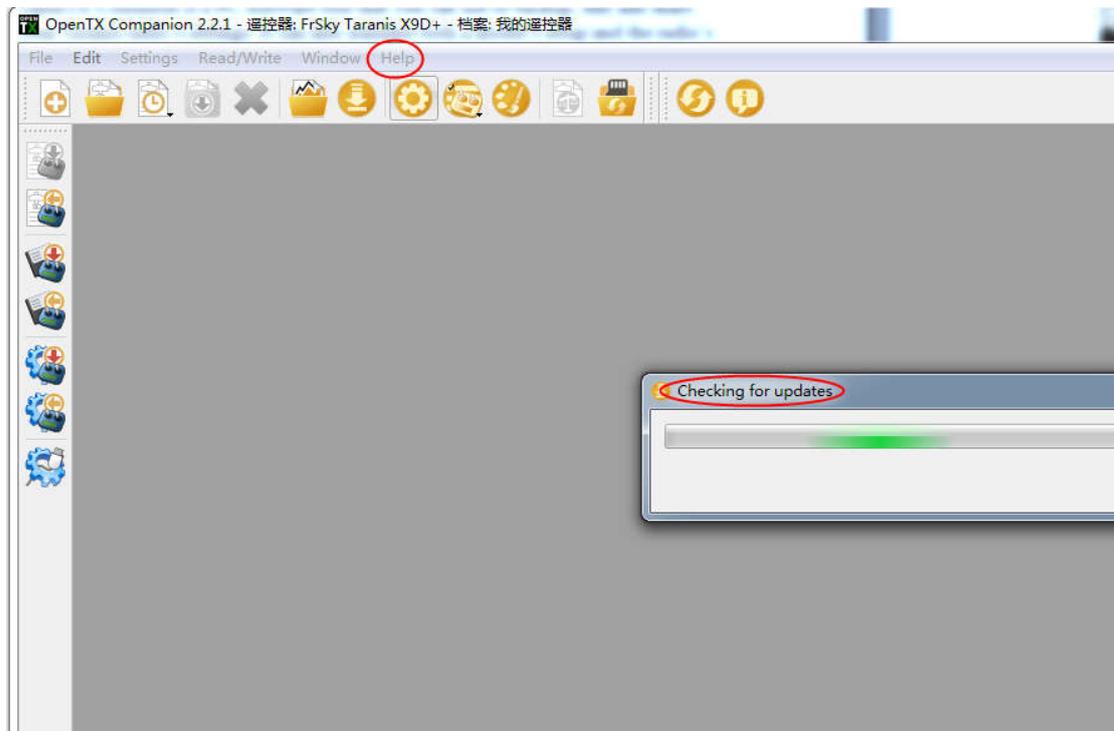
Update firmware via SD Card

1. First remove the SD card from the battery compartment of the Taranis. If you have a micro SD reader, use this to read it via the computer. If not, you can select the USB mass storage option once the Taranis is powered on for mass storage and use the USB cable instead.

   Download the firmware and put the file into the 'FIRMWARES' or 'FIRMWARE' (depending on what firmware you're using) folder on you TX. Creat one if no such folder exist.

Sometimes (depending on what firmware you're using) , **the firmware filename should be less than 8 characters long, otherwise the taranis can't read the file, so you will probably have to rename it**

2. Backup your files if necessary, Make a backup copy of the Taranis SD card and put the files in a directory on your PC, or Use the "Backup Radio to File" icon on the left side of Companion to backup files.
3. Now put the micro SD card back into the slot in the battery compartment. To enter the 'Bootloader'mode, with the taranis turned off, while holding T1 and T4 trim buttons inwards,then turn on the taranis.

4.   Then select 'Write Firmware', select the .bin firmware file you would like to upgrade to and then press and hold the enter (ENT button).
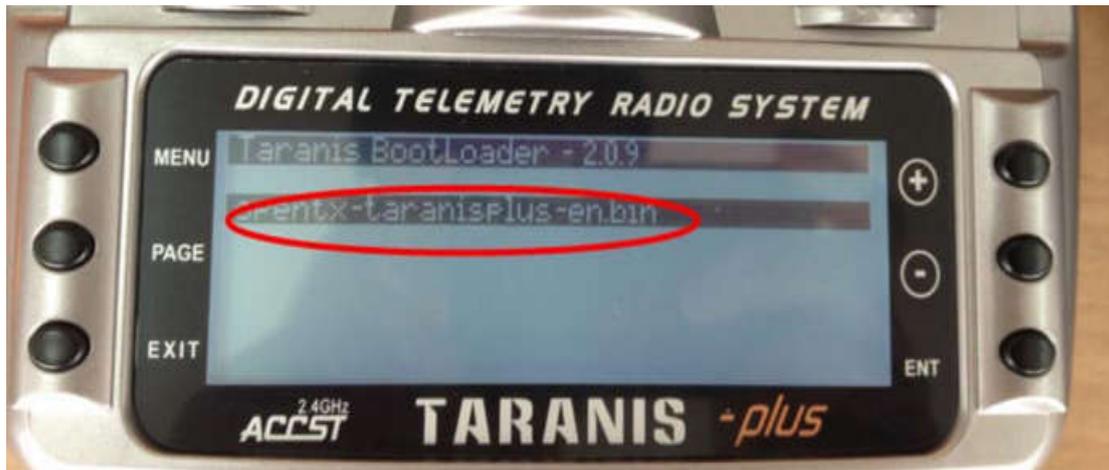
5.   Once complete, turn off your transmitter. You should now have upgraded your Taranis.

Operating multi-protocol module through TX menu

Once upgraded your Taranis with correct firmware, The model protocol selection and binding can be done from the Model Settings menu on the transmitter. For telemetry capable transmitters, it supports telemetry function as well.

Make sure the multi-protocol module is in serial mode, plug it into your TX, power on the external RF. then you can Operate multi-protocol module through TX menu .