

Partial Weight Bearing Protocol

Instructions for progressive weight bearing:

- Wear your boot and use your crutches when you leave the office until you are home and in a safe environment.
- Place a scale in front of you and step on it with your booted foot and crutches or walker on either side.
- Begin to place weight until you see the needle move to 50 pounds. This gives you a better appreciation of how much weight you should begin to bear. You should have 50 lbs on your foot, the rest on the crutches/walker.
- Each week you can increase your weight:

1 st week	50 lbs
2 nd week	75 lbs
3 rd week	100 lbs (one crutch or cane)
4 th week	Full weight bearing in boot

- After the 4th week, begin to wean yourself from the boot. Do this at home while in a controlled environment.
- You should still wear your boot when you are out of the house in a crowded place for your protection
- Driving may begin at the beginning of week 3 out of the boot
- You no longer need to wear your boot to sleep.