



## **CRUTCH WEANING PROTOCOL**

### **2 WEEKS**

Please use the following schedule to progress your weight bearing over the next 2 weeks.  
If you experience any increase in pain, return to the previous weight for 2 days then proceed again as scheduled.

Days 1 & 2 - (20 % body weight) pounds of pressure

Day 3 & 4 - (30 % body weight) pounds of pressure

Days 5 & 6 - (40 % body weight) pounds of pressure

Days 7 & 8 - (50 % body weight) pounds of pressure

*Between 50% - 70% you may go to one crutch on the opposite side*

Days 9 & 10 - (70 % body weight) pounds of pressure

Days 11 & 12 - (80 % body weight) pounds of pressure

Days 13 & 14 (100 % body weight) pounds of pressure transition from crutch

After reaching full weight in boot/shoe you remain in protective boot/shoe for 1 full week

**\*Calculate % body weight by multiplying body weight by either (.25, .5, .75)**

***\*Using a bathroom scale is the easiest way to estimate the weight placed through the foot***