



BOOT WEANING PROTOCOL

4 WEEKS

Please use the following schedule to wean from your boot over the next 4 weeks. When you are out of the boot you should wear a supportive protective shoe (athletic or hiking boots). If you have increasing pain over a 2 day period, slow your progression and wait a few days to advance to next stage.

Boot wean should only happen after you are full weight bearing, not at the same time.

(If you were also given a 2 week program use this 4 week if the 2 week seems too fast)

1st week – out of boot for 1 hour in the morning and 1 hour in the afternoon

2nd week – out of boot for 2 hours in the morning and 2 hours in the afternoon

3rd week – out of boot for 3 hours in the morning and 3 hours in the afternoon

4th week – out of boot for 4 hours in the morning and 4 hours in the afternoon

5th week – out of boot completely

Progress to next stage only if there is no increase in pain.