



CRUTCH WEANING PROTOCOL

4 WEEKS

Please use the schedule below to increase your weight-bearing over the next 4 weeks.
If you experience any increase in pain, return to the previous weight for 3 days then proceed again as scheduled.

(If you were also provided faster programs use this if those seem too fast)

1st week (25 % body weight) of pressure in boot/cast with crutches

2nd week (50 % body weight) of pressure in boot/cast with crutches

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

3rd week (75 % body weight) of pressure in boot/cast with crutches

4th week (100 % body weight) of pressure in boot/cast with crutches

5th week full weight in boot/cast and no crutches

Calculate % body weight by multiplying body weight by either (.25, .5, .75)
You may need to add weight more gradual within the allowed weight range

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