



CRUTCH WEANING PROTOCOL

6 WEEKS

Please use the schedule below to increase your weight-bearing over the next 6 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)

Day 1-10 (25 % body weight) of pressure in boot/cast with crutches

Day 11-21 (50 % body weight) of pressure in boot/cast with crutches

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

Day 22-33 (75 % body weight) of pressure in boot/cast with crutches

Day 34-42 (100 % body weight) of pressure in boot/cast with crutches

7th week full weight in boot/cast and no crutches

Count days and mark on calendar

***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*