

Progressive Weight-bearing Plan 4 weeks:

ALL WEIGHT BEARING IS TO BE DONE WHILE WEARING THE BOOT

- First for 7 days, you will rest the weight of your foot only on the ground.
- Then for 7 days, you will place 25 % of your weight on your affected extremity and the rest on your crutches/walker, as pain and swelling allow.
- Then for 7 days you will place 50% of your weight on your affected extremity and the rest on your crutches/walker, as pain and swelling allow.
- Then for 7 days you will place 75 % of your weight on your affected extremity and the rest on your crutches/walker, as pain and swelling allow.
- Then you will place 100% of your weight on your affected extremity and discontinue use of your crutches/walker, as pain and swelling allow.

To calculate percentage of weight it is simplest if you use an electronic scale to obtain your full weight. Then place your affected leg on the scale to reach the percentage of the total weight. For example, 25 % of a person weighing 160lb is 40lbs. That person would remember what 40lbs feels like on their affected limb and place the rest of their weight on their crutches. (**If you do not weigh 160 lbs. then you would have to do your own calculation**) After the set amount of time, they would again use a scale again to determine what 50% of their weight feels like (80 lbs.) on their limb and continue for the instructed amount of time. Then a scale would be used again to determine what 75% of their weight feels like and continue to ambulate at 75% or placing 120lbs of their weight on their affected limb for the set amount of time. Then proceed to 100%. If you are not using your crutches or a walker, then you are placing 100% of your weight on your affected limb.

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.