

WEAN BOOT

First 2 weeks: Begin to wear supportive shoes instead of the boot inside the house. If a brace has been provided for you, wear that instead. If you have significant discomfort or fatigue, go back into the boot temporarily. When outside the house still wear the boot.

2-4 weeks: Begin to wear supportive shoes instead of the boot when both inside and outside of the house. If a brace has been provided for you, wear that instead. If a long or more difficult activity is going to be attempted consider using the boot, or at-least bringing it with you. If you have significant discomfort or fatigue, go back into the boot temporarily.

4-6+ weeks: At this point you should be in supportive shoes full time but have the boot available for bad days. If a brace has been provided to you, plan to wear that for at least an additional month. You will be doing much better at this time but will still have bad days. Having bad days is normal. If you are having a bad day, go back into the boot.

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