



Weight-bearing Progression

You may now begin a weight-bearing progression, all to be completed in the walking boot and using crutches or a walker to appropriately offload weight:

- 25% weight-bearing during the 1st week
- 50% weight-bearing during the 2nd week
- 75-100% weight-bearing in the weeks to follow

Allow pain to be your guide; if you have any discomfort when advancing weight-bearing, allow time for rest before trying again. If pain does not resolve with rest, contact our clinic.

After ambulating 100% weight-bearing for a full week without any pain, you may begin transitioning into regular footwear. Let us know if you have any concerns or if you would like a physical therapy referral for assistance with the above program.