

PROGRESSIVE WEIGHTBEARING

You will begin progressive weight bearing in the boot and continue this until your next follow-up. The protocol is as follows:

- You will advance by 25 pounds of pressure every other day.
- To gauge the amount of pressure, put your boot on and press down on your bathroom scale until you calibrate your brain to the desired amount of pressure.
- You will spend at least 1 hour per day working on progressive weight bearing, typically divided into multiple smaller sessions (e.g., four times at 15 minutes each).
- It is normal to plateau for several days at a weight. If this happens, stay at that weight until you are able to proceed to the next.
- If you have pain that persists for several hours, you should back down to the previous weight and work on that for a few days before ramping back up.
- All weight bearing will be done IN THE BOOT. Do NOT do any weight bearing out of the boot until your next follow-up.

Once you get to full weight bearing, increase the amount of time per day that you are walking in the boot.

<u>Days</u>	<u>Weight (lbs)</u>
1,2	25
3,4	50
5,6	75
7,8	100
...	...