

4 Week Crutch Wean

Please use the schedule below to increase your weight-bearing over the next 4 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 a 2 week protocol, use this if those seem too fast.

1st week (25 % body weight) of pressure in boot/cast with crutches

2nd week (50 % body weight) of pressure in boot/cast with crutches

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

3rd week (75 % body weight) of pressure in boot/cast with crutches

4th week (100 % body weight) of pressure in boot/cast with crutches

5th week full weight in boot/cast and no crutches

*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