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Increasing weight bearing status: fast

1-3rd day: 25-50lbs of pressure
4th-7th day: 50-75lbs of pressure
8-11th day: 75-100lbs of pressure
12th-15th day: 100lbs-full weight

If you experience any pain with an increased weight change, return to previous weight for another 2 days then proceed again as scheduled.

After you have completed fast weight bearing, stay in boot for one week without crutches then progress to boot wean unless otherwise instructed by Dr. Waldrop.

Weaning out of boot fast

Days 1-3: out of boot for 1 hour in the morning and 1 hour in the afternoon
Days 4-7: out of boot for 2 hours in the morning and 2 hours in the afternoon
Days 8-11: out of boot for 3 hours in the morning and 3 hours in the afternoon
Days 12-15: out of boot for 4 hours in the morning and 4 hours in the afternoon
Day 16: out of boot completely

Progress to the next stage only if there is no increase in pain.