

CRUTCH WEANING PROTOCOL

Sports Medicine

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Hand Surgery

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Spine Surgery

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2 WEEKS- Please use the following schedule to progress your weight bearing over the next 2 weeks. If you experience any increase in pain, return to the previous weight for 2 days then proceed again as scheduled.

Days 1 & 2 - (20 % body weight) pounds of pressure

Day 3 & 4 - (30 % body weight) pounds of pressure

Days 5 & 6 - (40 % body weight) pounds of pressure

Days 7 & 8 - (50 % body weight) pounds of pressure

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

Days 9 & 10 - (70 % body weight) pounds of pressure

Days 11 & 12 - (80 % body weight) pounds of pressure

Days 13 & 14 (100 % body weight) pounds of pressure transition from crutch

4 WEEKS- 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.

1st week (25 % body weight) pounds of pressure

2nd week (50 % body weight) pounds of pressure

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

3rd week (75 % body weight) pounds of pressure

4th week (100 % body weight) pounds of pressure

5th week full weight and no crutches

*Calculate % body weight by multiplying body weight by either (.25, .5, .75)

*Using a bathroom scale is the easiest way to estimate the weight placed through the foot