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WEIGHT-BEARING RESTRICTIONS AND WEANING OFF CRUTCHES

After surgery, you may be required to be on crutches, and you may be given specific protocols for weight bearing. Some of these protocols and the meaning associated with them are described below:

- **Non-weight-bearing (NWB):** absolutely no weight on involved leg whatsoever. Must use crutches/walker/wheelchair.
- **Toe-touch-weight-bearing (TTWB):** patient may rest their toes down when standing for balance, but are not allowed to put any weight on their involved leg. Must use crutches/walker.
- **Flat-foot-weight-bearing (FFWB):** patient may rest their entire foot on the ground while standing for balance, but are not allowed to put any weight on their involved leg. Must use crutches/walker.
- **Partial-weight-bearing (PWB),** 25-50% of your body weight allowed on involved leg. Must use crutches.
- **Weight-bearing-as-tolerated (WBAT),** a comfortable amount of patients body weight is placed on involved leg (while using 1-2 crutches).
- **Full-weight-bearing (FWB):** full body weight is allowed on the involved leg without crutches.

Once you have been promoted to change your weight bearing status by your physical therapist or a member of our team, use the following protocol to wean from crutches and begin weight bearing.

CRUTCH WEANING PROTOCOL 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. You should be wearing a protective brace throughout this process if one was given to you.

- Days 1 & 2 - (20 % body weight) pounds of pressure, using both crutches
- Days 3 & 4 - (30 % body weight) pounds of pressure, using both crutches
- Days 5 & 6 - (40 % body weight) pounds of pressure, using both crutches
- Days 7 & 8 - (50 % body weight) pounds of pressure, using both crutches
Between 50% - 70% you may begin using only one crutch on the opposite side of involved leg
- Days 9 & 10 - (70 % body weight) pounds of pressure, using 1 crutch
- Days 11 & 12 - (80 % body weight) pounds of pressure, using 1 crutch
- Days 13 & 14 - (100 % body weight) pounds of pressure; transition off of crutch

After reaching full weight bearing status, you should remain in protective brace for 1 full week, then discontinue the brace, **so long as your PT feels you have adequate quadriceps control.**

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



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