

BOOT WEANING PROTOCOL

2 WEEKS

Please use the following schedule to wean from your boot over the next 2 weeks. When you are out of the boot you should wear a supportive protective shoe (athletic or hiking boots). If you have increasing pain over a 2 day period, slow your progression and wait a few days to advance to next stage.

Boot wean should only happen after you are full weight bearing, not at the same time.

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 next stage only if there is no increase in pain