



STEADMAN HAWKINS
CLINIC of the CAROLINAS

WELCOME TO THE STEADMAN HAWKINS CLINIC

Increasing Weightbearing Status

1 st week	25 % of pressure in boot/cast with crutches
2 nd week	50 % of pressure in boot/cast with crutches
3 rd week	75 % of pressure in boot/cast with crutches
4 th week	100 % of pressure in boot/cast with crutches
5 th week	Full weight in boot/cast and NO crutches

If you are **having pain** when you increase the amount of pressure **return to the previous pressure** for 2-3 days, and then progress to the next higher pressure.

(To determine what each pressure levels feels like use a bathroom weight scale. Place your operative foot on the scale and press down until you obtain the desired pressure level. Do this several times until you get a good idea of what that desired pressure feels like.)