



STEADMAN HAWKINS
CLINIC *of the* CAROLINAS

WELCOME TO THE STEADMAN HAWKINS CLINIC

Weaning out of Boot Protocol

1st week- out of boot for 1 hour in the morning and 1 hour in the afternoon.

2nd week- out of boot for 2 hours in the morning and 2 hours in the afternoon.

3rd week- out of boot for 4 hours in the morning and 4 hours in the afternoon.

4th week- out of boot completely.