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Dr. Jildeh - WEANING OFF 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)*

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