



Progressive Weight Bearing – Patient Recovery Plan

(increase 25% each week over 4 weeks)

Week	Your Goals	What to Do
Week 1 (25%)	<ul style="list-style-type: none"> • Start gently using your surgical leg • Keep most weight on crutches/walker 	<ul style="list-style-type: none"> • Lightly touch your foot to the floor • Put about ¼ of your body weight on the surgical leg • Keep most of the weight through arms and good leg • Practice safe walking with crutches/walker
Week 2 (50%)	<ul style="list-style-type: none"> • Use your surgical leg for half of your weight • Rely less on arms and crutches 	<ul style="list-style-type: none"> • Put about ½ of your body weight on the surgical leg • Still use crutches or walker for balance • Walk with slow, even steps
Week 3 (75%)	<ul style="list-style-type: none"> • Use your surgical leg for most of your weight • Walk with more confidence 	<ul style="list-style-type: none"> • Put about ¾ of your weight on the surgical leg • Use crutches or walker only for support • Try practicing normal heel-to-toe walking pattern
Week 4 (100%)	<ul style="list-style-type: none"> • Walk fully on your surgical leg • Transition off assistive device 	<ul style="list-style-type: none"> • Walk with full weight on surgical leg • Wean off crutches/walker when safe • Use a cane only if needed for balance • Focus on walking smoothly without limp

Tips for Success

- Advance only if cleared by your surgeon or therapist each week.
- Stop and hold at your current level if you notice increased pain, swelling, or limping.
- Use a bathroom scale at home to practice what 25%, 50%, and 75% body weight feel like.
- Progress assistive devices: walker → crutches → cane → no device.