

Fullerton Foot and Ankle Specialists
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Transition off Crutches:

1. For the next **2** days use **25%** of your weight on your foot in the boot only.
With **75%** of your weight on the crutches.
2. For the following next 2 days use **50%** of your weight on your foot in the boot only.
With **50%** of your weight on the crutches.
3. For the following next **2** days use **75%** of your weight on your foot in the boot only.
With **25%** of your weight on the crutches.
4. Then stop using the crutches and stay in your boot only when weight bearing.

****NOTE**** When you are bearing weight, you should be in your BOOT only, *even at home.*

*****NO barefoot. NO shoes. NO sandals. No slippers.*****

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