

Fullerton Foot and Ankle Specialists  
DALE M. ROSENBLUM, DPM    ERIC B. NAASZ, DPM

**Transition out of the Boot**

1. On the first day, begin with 1-2 hours out of your boot in **athletic shoes** only.  
The rest of the day in the boot only.
2. On the second day, begin with 2-3 hours out of your boot in **athletic shoes** only.  
The rest of the day in the boot only.
3. On the third day, begin with 3-5 hours out of your boot in **athletic shoes** only.  
The rest of the day in the boot only.
4. On the fourth day, begin with 5-7 hours out of your boot in **athletic shoes** only.  
The rest of the day in the boot only.
5. And so on, until you are a full day out of your boot in **athletic shoes** only.

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

**\*\*\*NO barefoot. NO sandals. No slippers.\*\*\***

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