



ANDREWS

Sports Medicine & Orthopaedic Center

BOOT WEAN PROTOCOL

Day 1-2: out of boot for 1 hour in the morning and 1 hour in the afternoon

Day 3-4: out of boot for 2 hours in the morning and 2 hours in the afternoon

Day 5-6: out of boot for 3 hours in the morning and 3 hours in the afternoon

Day 7-8: out of boot for 4 hours in the morning and 4 hours in the afternoon

Day 9-10: out of boot for 5 hours in the morning and 5 hours in the afternoon

Day 11-12: out of boot for 6 hours in the morning and 6 hours in the afternoon

Day 13-14: out of boot for 7 hours in the morning and 7 hours in the afternoon

Day 15: completely out of the boot

****Progress to the next step only if there is no increase in pain**