



ANDREWS

Sports Medicine & Orthopaedic Center

WEIGHT-BEARING PROTOCOL (7 DAYS)

Day 1 - 2: 25 – 50 pounds of pressure

Day 3 - 4: 50 – 75 pounds of pressure

Day 5 - 6: 75 – 100 pounds of pressure

Day 7: 100 pounds of pressure

Day 8: Full weight

**** IF YOU EXPERIENCE ANY PAIN WITH AN INCREASED WEIGHT CHANGE, RETURN TO THE PREVIOUS WEIGHT FOR ANOTHER 1 DAY AND THEN PROCEED AGAIN AS SCHEDULED.**