



# ANDREWS

Sports Medicine & Orthopaedic Center

## WEIGHT-BEARING PROTOCOL (14 DAYS)

Day 1 - 3: 25 – 50 pounds of pressure

Day 4 - 7: 50 – 75 pounds of pressure

Day 8 - 11: 75 – 100 pounds of pressure

Day 12-14: 100 pounds of pressure

Day 15: 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.**