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*Excellence in Sports Medicine and  
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FootAnkleSpecialtyGroup.com

- ❖ Sports Medicine and Reconstructive Surgery of the Foot and Ankle
- ❖ Cosmetic Foot and Ankle Surgery
- ❖ Bunion and Hammertoe Correction
- ❖ Arthritis Prevention and Treatment
- ❖ Total Ankle Replacements
- ❖ Tendon Repair of the Foot and Ankle
- ❖ Treatment of Plantar Fasciitis and Heel Pain
- ❖ Fracture Management of the Foot and Ankle
- ❖ Revision Surgery of the Foot and Ankle
- ❖ Platelet Rich Plasma and Bone Marrow Aspiration Therapy
- ❖ Stem Cell Therapy
- ❖ Diabetic Limb Salvage and Rheumatoid Limb Salvage
- ❖ Peripheral Nerve Surgery and Nerve Compression Syndrome
- ❖ Laser Toe Nail Fungus removal
- ❖ Custom Molded Orthotics

## Transitioning off your Crutches

1. For the next **2** days use **25%** of your weight on your foot while in your BOOT only. With **75%** of your weight on the crutches.
2. For the next **2** days use **50%** of your weight on your foot while in your BOOT only. With **50%** of your weight on the crutches.
3. For the next **2** days use **75%** of your weight on your foot while in your 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.

**\*\* When you are bearing weight, you should be in your BOOT only, *even at home*. NO barefoot. NO shoes. NO sandals. No slippers.**