



Weeks 0-2

Plaster splint

Non-weight bearing with crutches, no scooter use

Weeks 2. Begin WB at 2 weeks

CAM boot ROM starts. Does not need to sleep in boot

Non-weight bearing with crutches

- Okay to begin scooter use pending physician approval

Weeks 8-12

Begin physical therapy

Non-weight bearing

Begin WB 10 weeks

12-14 Weeks

- Begin progressive weight bearing
 - Week 12-13 at 25% of weight, use two crutches
 - Week 13-14 at 50% of weight, may transition to one crutch
 - Week 14 may transition to full weight bearing in boot

16 Weeks

- Wean from boot into shoe
 - Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home.
 - After 14 days, completely discontinue boot (16-week mark)
- Progress activity, avoid high impact activity until 6 months