Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Weaning Out of Boot
Instructions

Start by coming out of boot 1 hour per day while walking, this should be done around home initially.

Increase this by 1 hour every 3 days.

For example: Monday 1 hour
Tuesday 1 hour
Wednesday 1 hour
Thursday 2 hours
Friday 2 hours
Saturday 2 hours
Sunday 3 hours, etc

Once you are up to 4-5 hours out of the boot around the house, you can use regular shoes outside of your home

Continue weaning protocol until completely out of boot

Total 4-6 weeks

If you were non-weight bearing in a cast or boot

Start by weight bearing in the boot with two crutches

When you feel comfortable, disregard the crutch on our affected side and walk by placing the crutch on the good side and the bad leg down together

When you feel like you no longer need crutches, walk with only the boot and no crutches, and start the weaning protocol as above

If you are recovering from Achilles tendon surgery

In addition to resuming weight bearing, as above ("**if you were non-weight bearing in a cast or boot"**), you will have 2 (it looks like 3, but the top wedge is a spacer) heel wedges in your CAM boot

For first week, walk with the 2 wedges, placing weight on the leg as you can tolerate

In 7 days from your office visit, remove the bottom wedge and reinsert the single remaining wedge into the boot

In 14 days, remove the remaining wedge and walk with your foot flat in the boot

At this point, begin the **Weaning out of the boot protocol** as above