

**Crutch Progression:**

**Non-weight bearing** → Use 2 crutches and knee all the weight off of leg

**25% or toe touching weight bearing** → Use 2 crutches and limit the weight to the weight of the leg itself

**50% or partial weight bearing** → Use 2 crutches and stand with equal weight on both legs

**75% weight bearing** → Use one crutch on opposite side of involved leg

**100% or full weight bearing** → No crutches, able to stand with full weight standing on one leg (involved side)

**Progression** dependent on surgery protocol and the ability to walk without a limp.

\*As you progress through the weight bearing phases, it is better to slow down and continue to use crutches than limp and not use crutches.