

Weightbearing Instructions

Your doctor has decided how much weight you can bear on your involved leg. Please follow the checked (✓) instructions below. Remember that the harder you push down with your hands (on your crutches or walker) the less weight you will bear on the involved leg.

_____ Non-weightbearing (NWB)

- Do not put any weight on the involved leg.
- Keep that foot off the ground when walking.

_____ Toe Touch weightbearing (TTWB)

- **Very little weight (less than 20 pounds)** can be put on the leg.
- The entire foot of the involved leg is allowed to **touch** the floor.

_____ Partial weightbearing (PWB)

- _____ pounds can be put on the involved leg.
- The entire foot of the involved leg is allowed to touch the floor.
- You can check how many pounds you are putting on the leg by using a bathroom scale.

_____ Weightbearing as tolerated (WBAT)

- You may bear as much weight on the involved leg as comfortable.
- If you feel any pain, you'll know you are putting too much weight on the leg.

Continue to use your walker or crutches until your doctor or therapist tells you that you don't need them.

If you have questions or these instructions are not clear to you, please be sure to call your doctor or therapist.