



TRANSITION OUT OF FRACTURE WALKER

Week 1-2

- Continue icing and elevate affected area for next 7-14 days, as instructed.
- Starting today, spend a half of day (~4 hours) in the fracture walker and the other half of your day in regular shoes.

Week 2-3

- After 7 days, it is ok to discontinue use of the fracture walker, and begin wearing normal shoe gear.
- After successfully walking in normal shoes for 7 days, without any issues or problems, you may begin to slowly reengage with exercise and activities, prior to the injury.
- If you experience a return or increase of pain, you may need to return part-time in the fracture walker for another 3–5-day trial.
- Use pain as your guide; If it hurts, please discontinue activity and transition slower. Make sure you are successful with each phase, before advancing.

SLOW DOWN

Restoring function to your feet takes time.

When function returns, health is restored.

The rewards are worth the wait!

Please contact the office should you have any questions, cares or concerns.

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