



RESTARTING YOUR ROUTINE AFTER A FOOT OR LEG INJURY

Weaning out of your walking boot:

- You should be able to return to basic daily activities by 5-7 days from now.
- We recommend you increase 2-3 hours per day out of your boot in a tennis shoe over the next week.
- If you are in a gym class or workout program you can start full participation in about 5-7 days-except if you are a long distance walker or runner (see below)
- It is not recommended that you go barefoot for any extended period of time until you are no longer using the boot.
- During this week, you can cross train with biking or elliptical as much as you would like as long as it does not cause you pain.

If your pain returns, when you are outside of the boot, sometimes this is normal. If this occurs, go back into your boot for the next 24-48 hours and restart your progression out of the boot after that.

Please call to reschedule an appointment if your pain persists and you are unable to wean out of the boot by 2-3 weeks from now.



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