

How Much Weight Can I Put on My Leg?

What your instruction actually means

Your instruction:

☐ No weight at all ☐ Toe-touch only ☐ Partial weight ☐ As much as comfortable ☐ Full weight

Review and progress on:

What each one means

- **No weight at all (non-weight-bearing).** The foot must not touch the ground at all, not even for balance. Use a walker or crutches and hop on the good leg. This is the strictest instruction and it usually means the bone or repair cannot yet take any load.
- **Toe-touch.** The toes may rest on the floor **only for balance** — like resting your foot on an egg without breaking it. No real weight goes through it.
- **Partial weight.** Put roughly a quarter to half of your body weight through the leg. **To learn the feel of it:** stand on a bathroom scale with the affected leg and press down until it reads the weight we have told you. Remember how that feels, and repeat it a few times a day until it becomes automatic.
- **Weight as comfortable.** Put down as much as the pain allows, using the walking aid for support. Let pain be your guide.
- **Full weight.** Walk normally. You may still need a stick until confidence and muscle return.

WHY THIS MATTERS SO MUCH

Loading a bone or a repair too early can **shift the fracture, bend a plate or loosen a screw** — and may mean another operation. Loading too late causes stiffness, muscle wasting and weak bone.

The instruction above is chosen for **your** injury and fixation. **Do not increase it because you feel fine**, and do not let a relative or a well-meaning neighbour advise you otherwise. We will progress you at each review.

A COMMON MISTAKE

Most people put down far more weight than they think. If in doubt, practise on the bathroom scale. And remember the rule stays the same on stairs, in the toilet and at night.

Search: weight bearing, non weight bearing, partial weight bearing, how much weight on leg

