

Hardware Removal Protocol

Gradually increasing weight bearing

Week 1	Non-weight bearing with crutches
Week 2	Partial weight bearing (45 lbs) with crutches
Week 3	Full weight bearing with crutches
Week 4	Weight bearing as tolerated
Week 6	May return to most activities without restriction. No martial arts, football, hockey, or other contact sports
Week 12	May return to all activities without restriction