

## **Non-Weight Bearing (NWB) Patient Handout**

Your physician has decided that you are to be **non-weight bearing (NWB)** on your surgical/ injured leg. It is important to adhere to these weight-bearing instructions to avoid disrupting the healing process. Your physical therapist can help answer any questions about use and proper fit of your crutches.

**Non-weight bearing (NWB):** Do not place any weight through the surgical/ injured leg. This includes resting your feet or toes on the ground. While walking and sitting, your foot should always be elevated off the ground.

### **General Instructions and Tips:**

- Use your crutches for all walking and standing activities until your physician instructs otherwise
- Never lean on your crutches through your armpits- this can cause nerve damage
- Place weight through the crutches by pushing through your hands on the crutch handles.

### **Set Up and Fitting:**

- Standing up straight with your arms at your side, the crutch handle should align with the inside of your wrist
- The height of the crutch should be adjusted so that there is 1-2 inches of space between the top of the crutch and your armpit (this is roughly the width of two fingers)



### **Walking:**

1. Your surgical/ injured leg should remain off the ground at all times
2. Place both crutches 1-2 inches to the outside of each leg, and 6-12 inches in front of you
3. Push through your hands, hop forward with your non-surgical/ non-injured leg so that it lands in the center of both crutches



**Standing Up:**

1. Scoot forward in the chair
2. Hold both crutches in one hand, on the side of your surgical/ injured leg
3. Do not allow your surgical/ injured leg to touch the ground. Place your non-surgical/ non-injured leg flat on the ground and your free hand on the armrest (or seat) of the chair
4. Lean forward at your hips, tighten your core, and then push down through both hands and your non-surgical/ non-injured leg in order to stand
5. Once standing and steady, place one crutch under each arm
6. Remember to keep your surgical/injured leg raised in the air as you stand



**Sitting Down:**

1. Back up to the chair so the back of your thighs are touching it
2. Hold both crutches in the hand on your surgical/ injured leg side
3. Reach back slowly with your free hand until you feel the armrest (or seat) of the chair
4. While keeping your surgical/ injured leg raised in the air, slowly lower yourself into the chair



### Going up Steps/ Curbs:

1. Keep your surgical/ injured leg raised in the air behind you
2. Push through your hands and bring your non-surgical/ non-injured leg up onto the step by hopping
3. Shift your weight onto your non-surgical/non-injured leg and bring both crutches up onto the step
4. Repeat until you reach the top

\*\*If there is a railing available, you can hold both crutches on the opposite side of the railing and grab the railing with your free hand. Push through the railing and crutches, step up with your non-surgical/ non-injured leg and then bring crutches up.



### Going Down Steps/ Curbs:

1. Keep your surgical/ injured leg raised up in front of you
2. Lower both crutches down to the step below
3. Push through your hands and bring your non-surgical/ non-injured leg down to meet the crutches by hopping.
4. Repeat until you reach the bottom

\*\*If there is a railing available, you can hold both crutches on the opposite side of the railing and grab the railing with your free hand. Lower the crutches down, push through the railing and crutches, step down with your non-surgical/ non-injured leg.

