

Barnes Jewish Hospital/Washington University
Trauma Service

Ortho Trauma Weight Bearing Guideline
(after operative fixation)

Hip (IMN, perc screws, arthroplasty): weight bearing as tolerated unless stated otherwise, soft dressing

Femoral shaft (IMN): weight bearing as tolerated, soft dressing

Distal femur (ORIF): Non-weight bearing, soft dressing

Tibial plateau/proximal tibia (ORIF): Non-weight bearing, soft dressing

Tibia shaft (IMN): usually non-weight bearing and splinted

Distal tibia/ankle/foot (ORIF): Non-weight bearing, they will be splinted

Acetabulum (ORIF): Toe-touch weight bearing

Humerus (ORIF): Non-weight bearing, soft dressing

Elbow (ORIF): Non-weight bearing (McAndrew usually upper extremity guideline)

Forearm (ORIF): Non-weight bearing (McAndrew usually upper extremity guideline)

Clavicle (ORIF): Non-weight bearing, soft dressing

Note: Individualized, clinical judgment supersedes all written guidelines

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