



GOLDEN STATE ORTHOPEDICS & SPINE

UNDERSTANDING NON-WEIGHT BEARING AFTER SURGERY

What It Means:	Non-weight bearing (NWB) means you must keep all weight off the affected foot or ankle to allow for proper healing. This restriction is crucial to avoid damaging the surgical repair and to ensure incisions heal properly.
Why It's Important:	<ul style="list-style-type: none">• Healing: Bones and surgical wounds need time to heal without stress from weight. Plates or screws used in surgery need the bone to heal around them, and weight can interfere with this process.• Swelling Reduction: Avoiding weight helps control swelling, aiding faster recovery. Elevation is also beneficial for reducing swelling and pain.
Mobility Aids:	<ul style="list-style-type: none">• Crutches: Commonly used, crutches must be adjusted correctly for comfort and effectiveness. Ensure the height is correct to avoid putting stress on your arms and shoulders.• Knee Scooter: Allows you to roll using a knee pad and handlebars. It is useful for longer distances and comes with accessories like baskets and cup holders.• Seated Scooter: A lightweight alternative for moving around while seated, with the option for powered models.
Home Preparation:	<ul style="list-style-type: none">• Furniture Arrangement: Ensure your living space is free of obstacles and arrange furniture to create clear paths.• Daily Essentials: Keep items you use frequently within easy reach to avoid unnecessary movement.
Daily Living:	<ul style="list-style-type: none">• Plan Ahead: Organize your day to minimize the need to move around. Prepare meals in advance and consider getting help with tasks like grocery shopping and house cleaning.• Bathing: Use a shower chair and a handheld shower head. Install grab bars in the bathroom for added safety.
Exercise:	<ul style="list-style-type: none">• Upper Body: Engage in exercises that strengthen your upper body to make using crutches or a scooter easier.• Core Strength: Core exercises can help maintain balance and stability while using mobility aids.
Mental Health:	<ul style="list-style-type: none">• Stay Positive: The recovery period can be challenging. Stay connected with friends and family for support.• Engage in Hobbies: Find activities that you enjoy and can do while seated to keep your spirits up.
Follow-Up Care	<ul style="list-style-type: none">• Regular Check-Ups: Keep all follow-up appointments with your surgeon to monitor your healing progress.• Report Issues: Notify your healthcare provider immediately if you experience increased pain, swelling, or any signs of infection.

By following these guidelines and using the recommended mobility aids, you can ensure a smoother and more effective recovery process while being non-weight bearing.



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Resources for More Information:

- *FootCareMD*
- *OrthoBethesda*
- *Southeast Orthopedic Specialists*
- *Greater Washington Podiatry*
- *Worcestershire Acute Hospitals*
- *University Hospitals Dorset NHS Foundation Trust*