

**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): NWB, soft dressing

Tibial plateau/proximal tibia (ORIF): NWB, soft dressing

Tibia shaft (IMN): usually NWB and splinted

Distal tibia/ankle/foot (ORIF): NWB, they will be splinted

Acetabulum (ORIF): TTWB

Humerus (ORIF): NWB, soft dressing

Elbow (ORIF): NWB (McAndrew and Gardner usually upper extremity protocol)

Forearm (ORIF): NWB (McAndrew and Gardner usually upper extremity protocol)

Clavicle (ORIF): NWB, soft dressing

Note: Individualized, clinical judgment supersedes all written guidelines