

# Weight Bearing Orders

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Your doctor has ordered a specific weight bearing order. For your best recovery, it is important that you follow the doctor's orders.

Your doctor has ordered:

- Non-Weight Bearing (NWB)** – this means you cannot put any weight on the leg.
  
- Toe Touch Weight Bearing (TTWB)** – this means you can touch your toe on the ground to help your balance but do not put weight on it.
  
- Touch Down Weight Bearing (TDWB)** – this means you can touch your foot on the ground but do not put weight on it – just touch the ground.

**Partial Weight Bearing (PWB)** – this means you can put part of your weight on the leg. The doctor may tell you a specific amount of weight you can put on the leg (often 10-15%). Your doctor has ordered \_\_\_\_\_% weight only.

- Weight Bearing As Tolerated (WBAT)** – this means you can put as much weight on the leg as you can tolerate.
  
- Full Weight Bearing (FWB)** – this means you can put all your weight on the leg.