

# Defining accurate terminology for post-injury weightbearing instructions

A MULTIDISCIPLINARY, NATIONALLY APPROVED CONSENSUS POLICY

AJ TROMPETER, ML COSTA, on behalf of the Weightbearing Consensus Working Group. *Bone Joint J.* 2024;106-B(9):1015.

Standardized language benefits research, patients, and clinical teams. These recommendations have been agreed by all major stakeholders involved in the patient pathway after injury, including the patients themselves.

### 1. Non-weightbearing



## 2. Limited weightbearing

Additional requirements for **non-weightbearing** and **limited weightbearing**:



#### **Clinical Justification**

Treating teams / surgeons should provide a clinical rationale for the limitation



#### Quantification

What the limitations are...

These should be functional (i.e no stairs, no sports), or distance (i.e. bed to chair, indoor only).

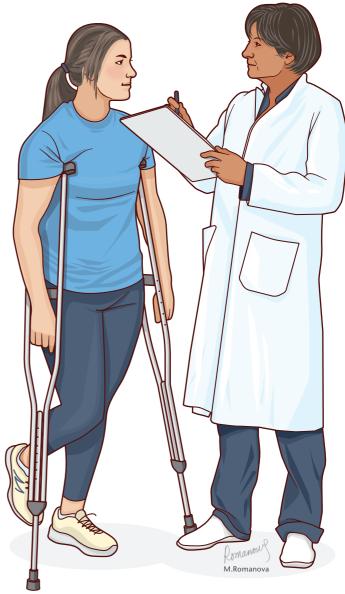


#### **Duration**

How long do these limitations need to last, and when are they due for review?

## 3. Unrestricted weightbearing







Avoid historic terms such as

partial, permissive, progressive, touch

and avoid

% and kg













