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*Excellence in Sports Medicine and
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Transitioning out of your Boot

- ❖ Sports Medicine and Reconstructive Surgery of the Foot and Ankle
- ❖ Cosmetic Foot and Ankle Surgery
- ❖ Bunion and Hammertoe Correction
- ❖ Arthritis Prevention and Treatment
- ❖ Total Ankle Replacements
- ❖ Tendon Repair of the Foot and Ankle
- ❖ Treatment of Plantar Fasciitis and Heel Pain
- ❖ Fracture Management of the Foot and Ankle
- ❖ Revision Surgery of the Foot and Ankle
- ❖ Platelet Rich Plasma and Bone Marrow Aspiration Therapy
- ❖ Stem Cell Therapy
- ❖ Diabetic Limb Salvage and Rheumatoid Limb Salvage
- ❖ Peripheral Nerve Surgery and Nerve Compression Syndrome
- ❖ Laser Toe Nail Fungus removal
- ❖ Custom Molded Orthotics

1. On the first day, begin with 1-2 hours out of your boot in **athletic shoes** only. The rest of the day in the boot only.
2. On the second day, begin with 2-3 hours out of your boot in **athletic shoes** only. The rest of the day in the boot only.
3. On the third day, begin with 3-5 hours out of your boot in **athletic shoes** only. The rest of the day in the boot only.
4. On the fourth day, begin with 5-7 hours out of your boot in **athletic shoes** only. The rest of the day in the boot only.
5. And so on until you are a full day out of your boot in **athletic shoes** only.

**** When you are bearing weight, you should be in your athletic shoes only, *even at home*. NO barefoot. NO sandals. No slippers.**