Weight Bearing Test

- Use a **NON digital** scale

1. Test on the **unaffected wrist first**
2. Test the affected wrist – slowly **Stop** at the edge of pain – any pain!
   Wrap 2 pieces of 1/2″ non-elastic tape around wrist, or put on WristWidget
   Watch video for important instructions on how to accurately perform this test: http://bit.ly/ww-wbtv
3. RETEST **with** the tape on your wrist

Baseline results: Right Hand without tape _____ with tape _____ Left Hand without tape _____ with tape _____

Weight Bearing Log

	Right	Right	Left	Left
Date	**Without Tape**	**With Tape**	**Without Tape**	**With Tape**

	Right	Right	Left	Left
Date	**Without Tape**	**With Tape**	**Without Tape**	**With Tape**