

Weight Bearing Test

• Use a **NON digital** scale **Video available here**: https://bit.ly/ww-wbt

1. Test the **healthy wrist first**Place scale on the floor, or the se

Place scale on the floor, or the seat of a solid chair. Place palm in the center of the scale, fingers pointing towards the dial, elbow is positioned over the wrist.

- Test the injured wrist in the same way
 When pressing on the scale, remember NO Pain.
 You are simply determining your ability, creating a baseline
- 3. Put on WristWidget, or tape wrist as shown in video: https://bit.ly/ww-wbt Test the **injured** wrist **again**.



- 4. Mark your results in the gray boxes below. This is your baseline.
- 5. Test your injured wrist **ONE** time weekly **WITH** the WristWidget until your test **WITH** the WristWidget matches the ability of your non-injured wrist. Then,
- 6. Test your injured wrist **ONE** time weekly **WITHOUT** the WristWidget until your test **WITHOUT** the WristWidget matches the ability of your non-injured wrist.

Weight Bearing Log

	Healthy	Injured	Injured		
Date	Without	Without	With Tape		
	Таре	Таре	or / WW		
	BASELINE				

	Healthy	Injured	Injured
Date	Without Tape	Without Tape	With Tape or / WW