

RETURN TO WORK PROTOCOL FOR DR. BRETT A. TAYLOR

These are general guidelines for return to work for the surgeries I perform. These guidelines may change depending on the number of **surgical levels involved** and the needs of the patient and their job requirements.

MICRODISCECTOMY/LUMBAR DECOMPRESSION

Off Work	2 to 4 Weeks
Clerical Work (No Lifting, Arm Duties Only)	4 to 6 Weeks
Light Duty (Lifting Restriction 10-20 lbs.)	2 to 3 Months
Regular Duty (Heavy Labor)	After 3 Months

- | | |
|---|----------------------|
| ❖ Patients may be sent to physical therapy: | 3 to 4 Weeks |
| ❖ Work Hardening: | 2 to 3 Months |
| ❖ MMI after course of therapy: | 3 Months |

LUMBAR FUSION

TOTAL DISC REPLACEMENT

Off Work	1 to 2 Months	2 to 4 Weeks
Clerical Work (No Lifting, Arm Duties Only)	2 to 3 Months	4 to 6 Weeks
Light Duty (Lifting Restriction 10-20 lbs.)	3 to 4 Months	6 to 8 Weeks
Regular Duty (Heavy Labor)	5 to 8 Months	3 Months

- | | | |
|---|----------------------|---------------------|
| ❖ Patients may be sent to physical therapy: | 2 to 3 Months | 4 Weeks |
| ❖ Work Hardening: | 3 to 4 Months | 6 to 8 Weeks |
| ❖ MMI after evidence of bone fusion: | 6 to 8 Months | 3 Months |

ANTERIOR CERVICAL FUSION

TOTAL DISC REPLACEMENT

Off Work	3 to 4 Weeks	1 to 2 Weeks
Clerical Work (No Lifting, Arm Duties Only)	6 to 8 Weeks	3 to 4 Weeks
Light Duty (Lifting Restriction 10-20 lbs.)	2 to 3 Months	4 to 6 Weeks
Regular Duty (Heavy Labor)	3 to 5 Months	8 Weeks

- | | | |
|---|----------------------|---------------------|
| ❖ Patients may be sent to physical therapy: | 3 to 6 Weeks | 2 Weeks |
| ❖ Work Hardening: | 2 to 3 Months | 4 to 8 Weeks |
| ❖ MMI after evidence of bone fusion: | 3 to 4 Months | 8 Weeks |