

RETURN TO WORK PROTOCOLS FOR DR. MARK MILLER

These are my general guidelines for return to work for the surgeries I perform. These guidelines may change slightly depending on the needs of the patient and their job requirements. *MDM*

ACL RECONSTRUCTION

Off Work	2 weeks
Clerical Work (no squatting, kneeling, or ladders, minimize stairs no standing or walking > 2-6 hrs. in 8-hr. day, primarily sit down work)	2 weeks – 12 weeks
Light Duty (lifting restriction 10- 20 lbs.)	3rd and 4th month
Medium Duty (lifting restriction 30 – 50 lbs.)	4th and 5th month
Regular Duty (no restrictions)	4 – 6 months

- ◆ Patients are seen at 2, 6, 12 weeks, 4 or 4 ½ months, and 6 months
- ◆ 50 % of the patients go back to full duty at their 4 or 4 ½ month visit
75 % go back at 5 months
90 % go back at 6 months
- ◆ If patients are not ready at 4 or 4 ½ months they are sent to work hardening.
- ◆ MMI is usually 1 month after the patient is released to full duty