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(dedicated work comp hotline)  
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## **RETURN TO WORK PROTOCOLS FOR LYNDON GROSS, M.D., PH.D.**

This is my general return to work guideline for an ACL reconstructions. This guideline may change slightly depending on the needs of the patient and their job requirements.

### **ACL RECONSTRUCTION**

<b>Off Work</b>	<b>2 weeks</b>
<b>Clerical Work:</b> (no squatting, kneeling, or ladders, minimize stairs, no standing or walking > 2-6 hrs. in 8-hour day, primarily sit down work)	<b>6 weeks</b>
<b>Light Duty (lifting restriction 10-20 lbs.)</b>	<b>6-12 weeks</b>
<b>Medium Duty (lifting restriction 30-50 lbs.)</b>	<b>3-4 months</b>
<b>Regular Duty (no restrictions)</b>	<b>4-6 months</b>

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