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## **RETURN TO WORK PROTOCOLS FOR LYNDON GROSS, M.D., PH.D.**

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

### **ELBOW ARTHROSCOPY**

<b>Off Work</b>	<b>2 weeks</b>
<b>Clerical Work (no lifting, one arm duties only)</b>	<b>2-6 weeks</b>
<b>Light Duty (lifting restriction 10-20 lbs.)</b>	<b>6-8 weeks</b>
<b>Regular Duty (no restrictions)</b>	<b>8-10 weeks</b>

- ◆ Patients are seen at 2, 6, 8 and 10 weeks
- ◆ 50% of patients go back to full duty at their 6 week visit
  - 75% go back at 8 weeks
  - 90% go back at 10 weeks
- ◆ If patients are not ready at 6 weeks they are sent to work hardening
- ◆ MMI is usually when the patient is released to full duty