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

This is my general return to work guideline for a knee arthroscopy/partial meniscectomy. This guideline may change slightly depending on the needs of the patient and their job requirements.

KNEE ARTHROSCOPY – PARTIAL MENISCECTOMY

Off Work	2 weeks
Clerical Work: (no squatting, kneeling, or ladders, minimize stairs, no standing or walking > 4-6 hrs. in 8-hour day, primarily sit down work)	2-6 weeks
Regular Duty (no restrictions)	6-10 weeks
◆ Patients are seen at 2, 6, 8 and 10 weeks	
◆ 50% of patients go back to full duty at their 6 week visit 25% go back at 8 weeks 90% go back at 10 weeks	
◆ If patients are not ready at 8 weeks they are sent to work hardening	
◆ MMI is usually when the patient is released to full duty	