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

This is my general return to work guideline for arthroscopic decompression/distal clavicle excision. This guideline may change slightly depending on the needs of the patient and their job requirements.

SHOULDER ARTHROSCOPY- DECOMPRESSION/DISTAL CLAVICLE EXCISION

Off Work	2 weeks
Clerical Work: (no lifting, one arm duties only)	2-6 weeks
Light Duty (lifting restriction 10-20 lbs.)	6-8 weeks
Regular Duty (no restrictions)	8-12 weeks

- ◆ Patients are seen at 2, 6, 8 and 12 weeks
- ◆ 50% of patients go back to full duty at their 6 week visit
 - 75% go back at 8 weeks
 - 90% go back at 12 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