

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*

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-hr. day, primarily sit down work)	2 weeks – 6 weeks
Regular Duty (no restrictions)	6 – 8 weeks

- ◆ MMI is usually 1 month after the patient is released to full duty (10 – 12 weeks)