

## **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*

### **LABRAL/SLAP REPAIR**

<b>Off Work</b>	<b>2 weeks</b>
<b>Clerical Work (no lifting, 1 arm duties only)</b>	<b>2 weeks - 12 weeks</b>
<b>Light Duty (lifting restriction 10 – 20 lbs.)</b>	<b>3<sup>rd</sup> – 4<sup>th</sup> month</b>
<b>Regular Duty (no restrictions)</b>	<b>4 – 6 months</b>

- ◆ Patients are seen at 2, 6, 12 weeks, 4 or 4 ½ months, and 6 months
- ◆ 50 % of the patients go back to full duty at their 4 or 4 ½ month visit  
75 % go back at 5 months  
90 % go back at 6 months
- ◆ If patients are not ready at 4 or 4 ½ months they are sent to work hardening.