

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*

SHOULDER ARTHROSCOPY - DECOMPRESSION/DISTAL CLAVICLE EXCISION

Off Work	2 weeks
Clerical Work (no lifting, 1 arm duties only)	2 weeks – 6 weeks
Light Duty (lifting restriction 10 – 20 lbs.)	6 weeks – 8 weeks
Regular Duty (no restrictions)	8 – 12 weeks

- MMI is usually 1 month after the patient is released to full duty