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

This is my general return to work guideline for an ACL reconstructions. This guideline may change slightly depending on the needs of the patient and their job requirements.

ACL RECONSTRUCTION

Off Work	2 weeks
Clerical Work: (no squatting, kneeling, or ladders, minimize stairs, no standing or walking > 2-6 hrs. in 8-hour day, primarily sit down work)	6 weeks
Light Duty (lifting restriction 10-20 lbs.)	6-12 weeks
Medium Duty (lifting restriction 30-50 lbs.)	3-4 months
Regular Duty (no restrictions)	4-6 months

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