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

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

ELBOW ARTHROSCOPY

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)	8-10 weeks

- ◆ Patients are seen at 2, 6, 8 and 10 weeks
- ◆ 50% of patients go back to full duty at their 6 week visit
 - 75% go back at 8 weeks
 - 90% go back at 10 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