

## **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*

### **ELBOW ARTHROSCOPY**

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

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