

Estimated Time Out of Work Following Surgery

This is a general estimate, as the exact time cannot be predicted. Much of this is dependent on how your body responds to the surgery, your individual ability to heal and your tolerance to pain and discomfort after the surgery.

Type of Surgery	What to Expect	Type of Work You Do			
		<i>Sedentary</i>	<i>Light</i>	<i>Medium</i>	<i>Heavy</i>
Knee Arthroscopy (ex. removal of torn meniscus, smoothing cartilage or lateral release)	No crutches for most. Walk as tolerated. Therapy for 4 to 6 weeks.	1 to 2 days depending on pain level	7 to 14 days depending on healing and pain level	4 to 6 weeks	2 to 3 months
Knee ligament reconstruction (ex. ACL)	Brace for 3 to 4 weeks, Crutches for 7 to 10 days (can usually put weight on leg immediately). Therapy for 3 to 4 months.	5 to 7 days	3 to 4 weeks if enough strength to stop using brace.	3 months if job requires pivoting or twisting. Sooner, if not.	3 to 4 months if enough strength. Will most likely need sports brace for protection.
Knee microfracture, OATs or Meniscus Repair	Brace and crutches for 2 weeks. No weight on leg for 2 weeks. Therapy for 3 to 4 months.	1 to 2 days	6 weeks	3 months if job requires pivoting, squatting or twisting. Sooner, if not.	4 months
Knee osteotomy	Brace and crutches for 4 weeks. No weight on leg for 4 weeks. Therapy for 3 to 4 months.	7 to 14 days	6 weeks	3 months	Minimum of 4 months
Knee Replacement	2 to 3 nights in hospital. Weight on leg as tolerated. Start therapy immediately.	2 to 4 weeks	6 to 8 weeks	Unlikely to be able to resume	Unlikely to be able to resume
Achilles Repair, Bone Spur Removal	Splint for 1 week. No weight on foot for 1 week.	Walk in boot for 4 to 6 weeks.	Must be seated work for 6 weeks	2 to 3 months	3 to 4 months

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		<i>Sedentary</i>	<i>Light</i>	<i>Medium</i>	<i>Heavy</i>
Tennis Elbow	Sling for 1 week then begin moving elbow. No Heavy lifting or repetitive use for 6 weeks.	1 to 2 days with minimal use of arm.	Occasional lifting of up to 3 pounds at 3 to 4 weeks. No repetitive movements.	2 to 3 months	3 to 4 months
Carpal Tunnel or Trigger Finger	No heavy lifting, grasping or repetitive use of hand for 6 weeks.	1 to 2 days with minimal use of hand.	Occasional lifting of up to 3 pounds at 1 to 2 weeks. No repetitive movements.	4 to 6 weeks	2 months
Shoulder Arthroscopy with Spur Removal	1 to 2 days in sling then use as tolerated. No overhead work.	3 to 7 days depending on pain level.	1 to 2 weeks without overhead use.	6 weeks with occasional overhead use.	2 to 3 months
Shoulder Manipulation/ Arthroscopy (Frozen Shoulder)	Start therapy the day after surgery. Exercises at home 6 times a day starting day of surgery.	7 days	3 to 4 weeks without overhead use.	2 months with occasional overhead use.	3 to 4 months
Rotator Cuff Repair	Sling with pillow for 3 to 6 weeks. Therapy for 8 to 12 weeks.	7 to 14 days depending on pain level.	6 to 8 weeks. Occasional lifting 2 to 5 pounds. No overhead use.	3 to 6 months depending on tear and progress in therapy.	4 to 6 months
Shoulder Labrum Repair	Sling with pillow for 3 to 6 weeks. Therapy for 8 to 12 weeks.	7 to 14 days depending on pain level.	6 to 8 weeks. Occasional lifting 2 to 5 pounds. No overhead use.	3 to 6 months depending on tear and progress in therapy.	4 to 6 months
Shoulder Replacement	1 night in hospital. Sling for 3 to 6 weeks. Therapy for 8 to 12 weeks.	7 to 14 days depending on pain level.	6 to 8 weeks. Occasional lifting 2 to 5 pounds. No overhead use.	3 to 6 months depending on progress in therapy.	Unlikely

 Patient Signature _____ Date _____