

WORK INJURY CARE CENTER

Post-Operative Work Restriction Guidelines for ACL Reconstruction*

EXPECTED POST OPERATIVE RECOVERY TIMELINE	POST OPERATIVE WORK RESTRICTIONS
Day of Surgery and Post-op week 1	Off Work
Post-op week 1 through week 6	Seated Work Only
Post-op week 6 through week 10	No Squatting, Kneeling, Climbing Stairs or Ladders
Post-op week 10 through week 12	Return to regular duties
Post-op week 12 through week 14	MMI

Restrictions may vary in the event of post-operative complications or unanticipated changes in your condition.

- Your employer will determine if you are able to return to work with the restrictions given by your physician.
- Restrictions are to be followed at work and at home.
- You may drive three days after your surgery if you are not taking narcotic medication and feel safe to drive. If you continue to feel unsafe to drive, it is your responsibility to arrange transportation to work.
 - If you had surgery on your right knee, you can not drive for 2-4 weeks depending on your progress in therapy.
 - If you had surgery on your left knee, you can not drive a stick shift vehicle for 2-4 weeks depending on your progress in therapy.
- If you have questions specific to your work restrictions, please call OSMC at (574) 264-0791.
- Questions regarding use of medication at work should be directed to your employer's human resources department or supervisor.
- Questions regarding your worker's compensation checks should be directed to your claims adjuster.

* Receiver has read, acknowledged and accepted disclaimer as listed on OSMC website.