

WORK INJURY CARE CENTER

Post-Operative Work Restriction Guidelines for Carpal Tunnel Release*

| EXPECTED POST OPERATIVE RECOVERY TIMELINE | POST OPERATIVE WORK RESTRICTIONS |
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| Day of Surgery and Post-op day 1 | Off Work |
| Post-op day 2 through Post-op day 10-14 | Return to work with no use of affected extremity |
| Post-op day 10-14 through week 4-6 | Increase use of affected extremity |
| Post-op week 4-6 | Return to regular duties |
| Post-op week 8-10 | MMI, NO PPI |

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 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.