



Michiana's Leading
Musculoskeletal Resource

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OSMC Middlebury
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Middlebury, IN 46540
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OSMC Nappanee
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OSMC Goshen
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Goshen, IN 46526
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WORK INJURY CARE CENTER

Post-Operative Work Restriction Guidelines for Epicondyle Debridement

EXPECTED POST-OPERATIVE RECOVERY TIMELINE	POST-OPERATIVE WORK RESTRICTIONS
Day of surgery through 1 week post op	Off Work
Post op weeks 1 through 6	No use of affected extremity
Post op weeks 6 through 12	No lifting over 5 pounds, no repetitive motion; no firm gripping
Post op 16 weeks	Return to regular duties; 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 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.