



Michiana's Leading  
Musculoskeletal Resource

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# WORK INJURY CARE CENTER

## Post-Operative Work Restriction Guidelines for L-spine – Lumbar Discectomy

EXPECTED POST-OPERATIVE RECOVERY TIMELINE	POST-OPERATIVE WORK RESTRICTIONS
Day of surgery through 1 – 2 weeks post op	Off Work
Post op weeks 2 through 6	No lifting over 10 pounds
Post op weeks 4 - 6	Return to regular duties
Post op 3 - 4 months	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.