



Michiana's Leading
Musculoskeletal Resource

OSMC Elkhart
2310 California Road
Elkhart, IN 46514
Phone: 574-264-0791
Toll Free: 1-800-398-2058
www.osmc.com

OSMC Middlebury
54938 SR 13
Middlebury, IN 46540
Phone: 574-825-8685

OSMC Nappanee
3000 North Main Street
Nappanee, IN 46550
Phone: 574-773-2499

OSMC Goshen
1775 E. Kercher Rd
Goshen, IN 46526
574-533-0300

WORK INJURY CARE CENTER

Post-Operative Work Restriction Guidelines for TFCC 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 8	No lifting over 5 pounds; no repetitive motion; no firm gripping
Post op 8 weeks	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.