



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 Repair

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 10 pounds; no repetitive motion; no firm gripping
Post op 12 – 16 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.