

# WORK INJURY CARE CENTER

## Post-Operative Work Restriction Guidelines for Shoulder Instability Repair\*

<b>EXPECTED POST OPERATIVE RECOVERY TIMELINE</b>	<b>POST OPERATIVE WORK RESTRICTIONS</b>
Day of Surgery through 1 week post-op	Off Work
Post-op week 1 through week 6	Return to work with no use of affected extremity
Post-op week 6 through week 12	No Lifting over 2 lbs., No Pushing/Pulling over 10 lbs., Occasional Overhead Work (amount of overhead work will be determined by the physician based on patient's progress)
Post-op week 13 through week 16	Return to regular duties
Post-op week 16	MMI/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.