



# WORK INJURY CARE CENTER

## Post-Operative Work Restriction Guideline for Carpal Tunnel Release\*

EXPECTED POST OPERATIVE RECOVERY TIMELINE	POST OPERATIVE WORK RESTRICTIONS
Day of Surgery and Post-op day 1	Off Work
Post-op day 2 through Post-op day 10-14	Return to work with no use of affected extremity
Post-op day 10-14 through week 4-6	Increase use of affected extremity
Post-op week 4-6	Return to regular duties
Post-op week 8-10	MMI, NO 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.

Elkhart  
2310 California Rd  
Elkhart, IN 46514  
574-264-0791

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

Middlebury  
54938 SR 13  
Middlebury, IN 46540  
574-825-8685

Nappanee  
3000 N Nappanee St  
Nappanee, IN 46550  
574-773-2499

Health & Aquatics  
200 E Jackson Blvd, Ste 130  
Elkhart, IN 46516  
574-970-4453