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## Anticipated Post-operative Work Status and Restrictions for Knee Surgery

### Meniscal (Cartilage) Tear Articular Chondral Injury

- **Day of surgery to one week post-op:** Off work
- **One to four weeks post-op:** Sit down work
- **Four to six weeks post-op:** These restrictions will be determined by the physician depending on your progress. They can include, but are not limited to, sit down work only, no kneeling, no squatting, no stair climbing and no prolonged standing.
- **Four to six weeks post-op:** Full duties (no restrictions)

*\*Note: If surgery was done on your right leg, you may drive approximately one week after surgery if you are no longer using narcotics for pain relief. We recommend that you test the leg before actually driving in public. If you feel that you cannot drive a vehicle beyond the stated time, it is ultimately your responsibility to find transportation to work.*

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### ACL Tear

- **Day of Surgery to two weeks post-op:** Off work
- **Two to eight weeks post-op:** Sit down work
- **Eight weeks to four months post-op:** These restrictions will be determined by the physician depending on your progress. They can include, but are not limited to, sit down work only, no kneeling, no squatting, no stair climbing and no prolonged standing.
- **Four months post-op:** Full duties (no restrictions)

*\*Note: If surgery was done on your right leg, you may drive approximately four to six weeks after surgery if you are no longer using narcotics for pain relief. We recommend that you test the leg before actually driving in public. If you feel that you cannot drive a vehicle beyond the stated time, it is ultimately your responsibility to find transportation to work.*

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The above work status and restrictions are pre-operative estimates and may change after surgery. Updated work status forms will be given to you immediately after surgery and at each office visit if needed or required. Recovery after surgery will vary from patient to patient, making the above anticipated restriction guidelines only. If your workplace cannot accommodate the restrictions you are given, we will continue to write restrictions based on your medical condition. It will then be your workplace officially taking you off of work if they cannot accommodate the restrictions, not the physician.

Patient Name: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_