
Anticipated Post-operative Work Status and Restrictions for Shoulder Surgery

Impingement

- **Day of surgery to one week post-op:** Off work
- **One to four weeks post-op:** One handed work only
- **Four to eight weeks post-op:** No lifting over 10 pounds, no pushing or pulling over 20 pounds and occasional overhead work
- **Eight weeks post-op:** Full duties (no restrictions)

**Note: If you feel safe, and are not taking narcotics, you may drive approximately one week after surgery. If you feel that you cannot drive a vehicle beyond the stated time, it is ultimately your responsibility to find transportation to work.*

Rotator Cuff Tear Labral Tear Instability

- **Day of surgery to two weeks post-op:** Off work
- **Two to eight weeks post-op:** One handed work only
- **Eight weeks to four months post-op:** Lifting, pushing/pulling and amount of overhead work allowed will be determined by the physician based on your progress
- **Four months post-op:** Full duties (no restrictions)

**Note: If you feel safe, and are not taking narcotics, you may drive approximately two weeks after surgery. If you feel that you cannot drive a vehicle beyond the stated time, it is ultimately your responsibility to find transportation to work.*

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 restrictions 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: ____ / ____ / ____