



WORK RESTRICTIONS – ACL RECONSTRUCTION



STEPHEN THON, MD
ORTHOPEDIC & SPORTS MEDICINE SURGEON
www.stephenthonmd.com

Date of Surgery: _____

ICD-10 Code: S83.509 – ACL tear

Expected return to **full** work for:

- Sedentary job: 9-16 weeks post-surgery
- Moderate walking/standing job: 16-24 weeks post-surgery
- Heavy labor job: 24+ weeks (6 months) post-surgery
- *Note: you may return to modified duty with restrictions prior to the dates listed above

0-2 Weeks Post-Surgery

- OFF WORK for 1 - 2 weeks
- No lifting, carrying, pushing, or pulling with the operative extremity (0 lbs)
- Weight bearing as tolerated (WBAT) with brace locked in extension on the operative extremity
- Use crutches or a walker for ambulation for as long as needed
- Walk to necessary household distances as tolerated
- Sitting as tolerated with the operative leg elevated
- No crawling, kneeling, squatting, or climbing

3-8 Weeks Post-Surgery

- Lifting, carrying, pushing, and pulling limited to 5 pounds with the operative extremity
- WBAT with brace locked in extension on the operative extremity
- Wean from the use crutches or a cane for ambulation
- Walking limited to 20 minutes at a time, 3-4 times per day. 1 hour break between.
- Standing limited to 60 minutes at a time, 30 minute breaks between
- Sitting as tolerated
- No crawling, kneeling, squatting, or climbing

9-16 Weeks Post-Surgery

- Lifting, carrying, pushing, and pulling limited to 15 pounds with the operative extremity
- Full weight bearing on the operative extremity
- Walking, sitting, standing as tolerated. No restrictions
- Crawling, kneeling, and squatting limited to 15 minutes at a time
- No Climbing

16-24 Weeks Post-Surgery

- Lifting, carrying, pushing, and pulling limited to 30 pounds with the operative extremity
- Walking, sitting, standing as tolerated. No restrictions
- Crawling, kneeling, squatting, climbing limited to 30 minutes at a time

24+ Weeks Post-Surgery

- No restrictions on lifting, carrying, pushing, or pulling with the operative extremity
- No restrictions on walking, standing, or sitting
- Crawling, kneeling, squatting, climbing as tolerated. No restrictions.
- Return to sports / recreation pending physical therapy

MMI expected between 6-12 months, average is 9-10 months.

Signature: _____

Date:

Stephen G. Thon, MD

www.AdvancedOrtho.org

Phone: (303) 344-9090

Fax: (720) 895-1121