



**WORK RESTRICTIONS KNEE
ARTHROSCOPY:
MENISCECTOMY,
CHONDROPLASTY,
SYNOVECTOMY**



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Date of Surgery: _____
ICD-10 Code: S83.209 - Tear of meniscus, current injury

0-2 Weeks:

- OFF WORK 1-2 WEEKS, may return to sedentary desk job if able with below restrictions.
- No Lifting, carrying, pushing/pulling with the operative extremity: 0 lbs
- Walking: Limited to short distances, using crutches or a cane as needed
- Standing: No more than 15 minutes at a time
- Sitting: As tolerated, with the operated leg elevated
- Crawling, kneeling, squatting, climbing: Not permitted

3-8 Weeks:

- May return to MODIFIED DUTY with below restrictions.
- Lifting, carrying, pushing/pulling with the operative extremity: 5 pound limit to start, Gradually increase to 20 pounds by 8 weeks
- Walking: Gradually increase distance, discontinue use of crutches or cane as tolerated
- Standing: Gradually increase to 30 minutes at a time
- Sitting: As tolerated, with breaks to stretch and walk
- Crawling, kneeling, squatting, climbing: Not permitted.

9-16 Weeks:

- Lifting, carrying, pushing/pulling with the operative extremity: Gradually increase to 40 pounds
- Walking: As tolerated, without assistive devices
- Standing: As tolerated, with breaks as needed
- Sitting: As tolerated
- Crawling, kneeling, squatting, climbing: 30 minutes at a time. 1 hour break between.
- Sedentary job: Full duties
- Moderate walking job: May return to full duties
- Heavy labor job: May return to work with accommodations (e.g., reduced lifting)

16-24 Weeks Post-Surgery:

- Lifting, carrying, pushing/pulling with the operative extremity: As tolerated, up to pre-surgery levels
- Walking, standing, sitting: As tolerated
- Crawling, kneeling, squatting, climbing: As tolerated, with caution
- Sedentary job: Full duties
- Moderate walking job: Full duties
- Heavy labor job: May return to full duties, with caution

24+ Weeks Post-Surgery:

- All activities: As tolerated, with no specific restrictions
- Sedentary job: Full duties as tolerated
- Moderate walking job: Full duties as tolerated
- Heavy labor job: Full duties as tolerated

MMI expected between 2-6 months. If underlying arthritis, then some pain will persist despite surgery.

Signature: _____

Date:

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