



WORK RESTRICTIONS – SHOULDER LABRAL REPAIR



Date of Surgery: _____

ICD-10: S43.009 – shoulder labral tear/dislocation

0-4 Weeks Post-Surgery

- No work for 2 weeks.
- OK to return to work after 2 weeks with MODIFIED DUTY
- SLING AT ALL TIME
- No Lifting, Carrying, Pushing/Pulling: No lifting with the operative arm
- Repetitive Motions: No, Reaching Overhead: No, Reaching Away from Body: No

5-8 Weeks Post-Surgery

- May return to work with MODIFIED DUTY, below restrictions.
- SLING AT ALL TIMES WHILE AT WORK
- No Lifting, Carrying, Pushing/Pulling: 0 pounds.
- Repetitive Motions: No, Reaching Overhead: No, Reaching Away from Body: No

Work Restrictions:

- Sedentary (Sitting/Desk) Job: May return to work with restrictions.
- Moderate Walking/Standing Job: OK to walk/stand without restrictions. No climbing.
- Heavy Labor Job: Off work

9-12 Weeks Post-Surgery

- MODIFIED DUTY, below restrictions.
- **Weeks 9-10:** 5 lb weight limit lifting, carrying, pushing, pulling. No use of affected extremity above shoulder.
- **Weeks 11-12:** 10 lbs to the waist, 5 lbs to the shoulder, 2 lbs overhead.
- Repetitive Motions: 1 pound limit. 30 minutes at a time. 1 hour break between.
- Reaching Overhead: No
- Reaching Away from Body: 1 pound limit. 30 minutes at a time. 1 hour break between.

13-20 Weeks Post-Surgery

- Lifting, carrying, pushing, pulling: 20 lbs to the waist, 10 lbs to the shoulder, 5 lbs overhead
- Repetitive Motions: Yes, with limitations
- Reaching Overhead: Yes, with limitations
- Reaching Away from Body: Yes, with limitations
- Commercial driving may begin week 13.

20+ Weeks Post-Surgery

- **Weeks 20-24:** Lifting, carrying, pushing/pulling: 40 lbs to the waist, 20 lbs to the shoulder, 10 lbs overhead
- **24+ Weeks:** No restrictions on lifting, carrying, pushing/pulling, repetitive motions, reaching overhead, or reaching away from body.

MMI expected between 4-6 months.

Signature: _____

Date:

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