



## **WORK RESTRICTIONS - MENISCUS REPAIR**



**STEPHEN THON, MD**  
ORTHOPEDIC & SPORTS MEDICINE SURGEON  
[www.stephenthonmd.com](http://www.stephenthonmd.com)

Date of Surgery: \_\_\_\_\_

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

### **0-2 Weeks:**

- OFF WORK for 1 - 2 weeks
- Weight bearing as tolerated (WBAT) knee brace locked in full extension.
- No lifting, carrying, pushing, or pulling with the operative extremity
- Walking: Up to 20 minutes at a time, using crutches or a walker
- Standing: Up to 20 minutes at a time
- Sitting: As tolerated, with the operated leg elevated
- No crawling, kneeling, squatting, or climbing
- Sedentary job: May return to work if able to keep the operated leg elevated and use crutches for moving around
- Moderate walking job: Not permitted
- Heavy labor job: Not permitted

### **3-8 Weeks:**

- Lifting, carrying, pushing, or pulling: Up to 5 pounds with the operative extremity
- Walking: Up to 40 minutes at a time, wean from crutches
- Standing: Up to 30 minutes at a time. Hour break in between.
- Sitting: As tolerated, with occasional elevation of the operated leg
- No crawling, kneeling, squatting, or climbing
- Sedentary job: May continue working with occasional elevation of the operated leg
- Moderate walking job: Not permitted
- Heavy labor job: Not permitted

### **9-16 Weeks:**

- Lifting, carrying, pushing, or pulling: Up to 15 pounds with the operative extremity
- Walking: Up to 30 minutes at a time, without assistive devices
- Standing: Up to 30 minutes at a time.
- Sitting: As tolerated, without leg elevation
- Crawling, kneeling, squatting, or climbing: Up to 30 minutes, no flexion past 90 degrees.
- Sedentary job: Full return to work
- Moderate walking job: May return to work with limitations on prolonged walking or standing
- Heavy labor job: Not permitted

### **16-24 Weeks:**

- Lifting, carrying, pushing, or pulling: Up to 25 pounds with the operative extremity
- Walking, Standing, Sitting: As tolerated. No restrictions.
- Crawling, kneeling, squatting, or climbing: As tolerated, but avoid prolonged positions
- Sedentary job: No restrictions
- Moderate walking job: Full return to work
- Heavy labor job: Above limitations

### **24+ Weeks:**

- No restrictions on lifting, carrying, pushing, or pulling
- No restrictions on walking, standing, sitting, crawling, kneeling, squatting, or climbing
- No work restrictions

**MMI is expected 6 months.**

**Signature:** \_\_\_\_\_

**Date:**

**Stephen G. Thon, MD**

[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

Phone: (303) 344-9090

Fax: (720) 895-1121