



WORK RESTRICTIONS – ROTATOR CUFF REPAIR (RCR)



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

Date of Surgery: _____

ICD-10 code: M75.109 – Rotator Cuff Tear

Work Restrictions After Rotator Cuff Repair Surgery

0-2 Weeks Post-Surgery

- No work for 2 weeks.
- No Lifting, Carrying, Pushing/Pulling : No lifting with the operative arm
- Repetitive Motions: No, Reaching Overhead: No, Reaching Away from Body: No

3-8 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

9-16 Weeks Post-Surgery

- **Weeks 9-12:** 5 lb weight limit lifting, carrying, pushing, pulling. No use of affected extremity above shoulder.
- **Weeks 13-16:** 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.

Work Restrictions:

- Sedentary (Sitting/Desk) Job: May continue working with restrictions
- Moderate Walking Job: May return to work with restrictions
- Heavy Labor Job: Off work
- Commercial driving to begin week 13.

16-24 Weeks Post-Surgery

- Lifting, carrying, pushing, pulling: 25 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

Work Restrictions:

- Sedentary (Sitting/Desk) Job, Moderate Walking/Standing Job: as tolerated with above restrictions
- Heavy Labor Job: May return to work with above restrictions

24+ Weeks Post-Surgery

- Lifting, carrying, pushing/pulling: No restrictions
- Repetitive Motions: No restrictions, Reaching Overhead: No restrictions, Reaching Away from Body: No restrictions

Work Restrictions:

- Sedentary (Sitting/Desk) Job: Full duty, no restrictions
- Moderate Walking Job: Full duty, no restrictions
- Heavy Labor Job: May continue working with minimal restrictions, progressing to full duty as tolerated

MMI expected between 6 – 18 months dependening on severity of tear.

Signature: _____

Date:

Stephen G. Thon, MD

www.AdvancedOrtho.org

Phone: (303) 344-9090

Fax: (720) 895-1121