

CLINICAL TIMELINE

This document serves to guide our physicians and physical therapists with a timeline for the management of the injured workers' appropriate post-operative care. These timelines are estimates and can be affected by many factors.

POSTERIOR LUMBAR FUSION (INTERBODY, <60)

- Physical Therapy to begin two weeks post-operatively
- Estimated return to work; light duty: 6-8 weeks
- Estimated return to work; full duty: 3-4 months
- Maximum Medical Improvement: 4-6 months

EXTREME LATERAL INTERBODY FUSION (XLIF)

- Physical Therapy to begin two weeks post-operatively
- Estimated return to work; light duty: 6-8 weeks
- Estimated return to work; full duty: 10-12 weeks
- Maximum Medical Improvement: 12-14 weeks

INTERLAMINAR LUMBAR INSTRUMENTED FUSION (ILIF)

- Physical Therapy to begin two weeks post-operatively
- Estimated return to work; light duty: 4-6 weeks
- Estimated return to work; full duty: 6-8 weeks
- Maximum Medical Improvement: 8-12 weeks

ANTERIOR CERVICAL DISCECTOMY AND FUSION (ACDF)

- Physical Therapy to begin two weeks post-operatively
- Estimated return to work; light duty: 4-6 weeks
- Estimated return to work; full duty: 6-8 weeks
- Maximum Medical Improvement: 12-14 weeks

DECOMPRESSION/MICRODISCECTOMY

- Physical Therapy to begin two weeks post-operatively
- Estimated return to work; light duty: 4-6 weeks
- Estimated return to work; full duty: 6-8 weeks
- Maximum Medical Improvement: 8-12 weeks

