



Texas Orthopedics,
Sports & Rehabilitation Associates
www.txortho.com

Returning To Work

Returning to work after surgery is based on several factors:

- The type of surgery you are having
- The type of work you do
- Whether or not your employer will allow you to return to work with restrictions
- Whether or not you can have some accommodations at work

Please have in your mind an idea of how these factors will affect your ability to return to work so that we can make a plan specifically for you.

Return-to-Work forms: If you have any forms, please let us know ahead of time that you need them completed.

- Simple return-to-work forms with just a date and simple restriction can in many cases be completed for you during your pre-op or post-op visit.
- FMLA or complex, multi-page forms must be delivered to our medical record department. These forms take a long time to fill out and much of it must be completed by my staff and then put in your medical record. Because of the amount of time it takes to complete these forms, they cannot be done while you are seeing me in the office and there will be a modest charge for them to offset the staff costs of completion.

If your job requires that you use the part of your body on which I am operating, then it is likely you will have to take time off.

If your employer will allow you to return with job modifications restricting the use of the involved extremity, then you and I can form a plan for your return to your job.

It is best if you can take out time during your day to elevate your extremity or even apply ice as needed.

Handicap parking: If you have to park far away from your work site, it is often possible to get a parking permit which allows you access to the handicap parking spaces provided around the city. I can give you a prescription for a temporary handicap parking permit which you can take to your local tax assessor's office to get one of the blue plastic permits to hang on your mirror. Please ask us about this while you're in the office for your pre or post op visit.

Accommodations: Your employer might be willing to make accommodations for you. Perhaps he/she will allow you to use crutches, have a place to ice and elevate your leg or arm, or use an elevator instead of stairs. Perhaps there is another position you can take while you are recovering; a sedentary job or a job on a first floor rather than the second floor. Please discuss these accommodations with your employer ahead of time so you can minimize the amount of time you will have to take off from work.

Austin: Northwest
439-1000

Austin: Central
439-1002

Cedar Park
439-1009

Round Rock
439-1004

Westlake
439-1005

Marble Falls
877-966-7846