

Designated Doctor and MMI/IR Doctor

Pre-course Cases

Return to Work and MDGuidelines™

Case 1 - RTW and MDG

History of Injury

- 35-year-old meter reader stepped in hole twisting right knee on 3/1/18
- Seen by treating PCP and subsequently had MRI scan showing bucket handle tear of medial meniscus
- Referred to orthopedic surgeon and chose to pursue conservative treatment

Treatment History

- 6 PT visits, but continued to experience knee pain, “locking” and “giving way”
- Underwent arthroscopic medial meniscectomy 6/1/18
- Released to RTW in a sedentary capacity, but employer unable to accommodate restrictions

DD Exam - 24 Weeks Post Injury (9/1/2018)

- Injured employee reports continuing ongoing pain rated as “3-4/10”
- Reports right knee pain and some weakness ascending/descending stairs
- Pain radiates across low back and occasionally into left leg
- Completed 10 PT visits with two remaining visits scheduled to complete 9/8/18
- No visible knee or lower extremity swelling
- Symmetric thigh and calf circumference
- Well healed arthroscopic portal scars
- 5/5 lower extremity strength bilaterally
- Knee ROM
 - 130° flexion
 - 0° extension

Question for DD to consider in exam: From 3/1/2018 to present is IE able to return to work in any capacity and what work activities can be performed?

What if there was a meniscus repair?

What if there was an open menisectomy?

What About Two Diagnoses?

1. Rotator Cuff Tear

DURATION IN DAYS			
Job Classification	Minimum	Optimum	Maximum
Sedentary	0	3	4
Light	0	3	7
Medium	14	21	42
Heavy	28	42	84
Very Heavy	28	42	84

Risk / Capacity / Tolerance Expand

2. Lumbar or Lumbosacral Spine Sprain or Strain

DURATION IN DAYS			
Job Classification	Minimum	Optimum	Maximum
Sedentary	1	3	7
Light	1	7	14
Medium	3	21	42
Heavy	7	35	84
Very Heavy	7	42	91

Risk / Capacity / Tolerance Expand