

Condition	Est Days	Comments
Achilles Tendonitis, Mild	21d	
Achilles Tendonitis, Severe (cast)	56d	
ACL or PCL, Mild	42d	
ACL or PCL, Moderate	84d	
ACL or PCL, Severe (tear - scope repair)	255d	
Ankle Pain, Chronic	365d	
Ankle Sprain, Mild	1d	Grade I sprain
Ankle Sprain, Severe (no cast/no tear)	37d	Grade II sprain
Asthma, Controlled	365d	
Asthma, Initial/Uncontrolled (Mild/Mod)		Adjust days to expected control date; 6 METS physical limit
Asthma, Initial/Uncontrolled (Severe)		Adjust days to expected control date; 3 METS physical limit
Back Pain (Lumbago), Chronic	365d	
Bunionectomy	84d	
Carpal Tunnel, non-work related	21d	For pregnancy comorbidity--keep until 28 days after delivery
Carpal Tunnel, Open surgery	56d	Can extend to 84d for bilateral
Carpal Tunnel, Scope	42d	
Carpal Tunnel, work related	35d	
Cervicalgia	21d	
Chondromalacia Patella	28d	
Chondromalacia Repair, Scope	56d	
Costrachondral Pain (Tietze's Dz)	40d	
Discectomy (Cervical)	99d	Start counting after 28 day con lv
Discectomy (Lumbar/Thoracic)	98d	Start counting after 28 day con lv
Epicondylitis, Surgery Dominate Arm	84d	
Epicondylitis, no Surgery	42d	
Epicondylitis, Surgery Non-Dom Arm	56d	
Foot Pain, Chronic	365d	
Fusion, Cervical - Anterior	79d	Start counting after 28 day Con Lv
Fusion, Cervical - Posterior	85d	Start counting after 35 day Con Lv
Fusion, Lumbar/Thoracic	115d	Start counting after 56 day Con Lv
Hip Pain, Chronic	365d	
Hip Sprain, Mild	14d	
Hip Sprain, Moderate	35d	
Hip Sprain, Severe	56d	
Ingrown Toe nail, surgery	10d	
Knee Effusion	28d	
Knee Pain, Chronic	365d	
Knee Pain, Meniscus (no surgery)	21d	
Knee Sprain, Mild	21d	Grade I sprain
Knee Sprain, Moderate	21d	Grade II sprain
Knee Sprain, Severe (tear)	60d	
Laminectomy (Cervical)	78d	Start counting after 28 day con lv
Laminectomy (Lumbar/Thoracic)	77d	Start counting after 28 day con lv

Lumbago, Mild (no Sciatica, no Radicular)	10d	
Lumbago, Mild (yes Sciatica, no Radicular)	14d	Sciatica - pain into butt or upper leg, not below knee or other radicular sxns
Lumbago, Severe	35d	
Lumbago, With radicular or HNP	84d	Pain radiation below knee or other radicular sxns
Knee - MCL or LCL strain, mild	42d	
Knee - MCL or LCL strain, moderate	56d	
Knee - MCL or LCL strain, severe (Tear)	84d	
Knee - ACL/PCL strain, mild	42d	
Knee - ACL/PCL strain, moderate	84d	
Knee - ACL/PCL tear w/surgical repair	255d	
Meniscus repair, Open	84d	
Meniscus repair, Scope	63d	
Meniscus Tear, No Surgery	56d	
Patello Femoral Syndrome	21d	
Plantar Fasciitis, No Surgery	21d	
Plantar Fasciitis, S/P Surgery	84d	
Rotator Cuff Impingement, no Tear	42d	
Rotator Cuff Repair, Open (Dom Arm)	180d	
Rotator Cuff Repair, Open (Non Dom)	126d	
Rotator Cuff Repair, Scope (Dom)	126d	
Rotator Cuff Repair, Scope (Non Dom)	98d	
Sacral strain, Mild	17d	
Sacral strain, severe	34d	Could give 1-2 days quarters
Shin Splints (Tibial Tendonitis)	21d	
Shoulder Bursitis, no Surgery	21d	
Shoulder Bursitis, S/P Bursectomy	56d	
Thoracic Disc Degen/Pain	56d	
Vasectomy	7d	Can consider first day as Qtrs versus Clerical