Designated Doctor and MMI/IR Doctor Pre-course Case

Return to Work and ODG by MCG™

Case 1 - RTW and ODG

History of Injury

- 35-year-old meter reader stepped in a hole twisting right knee on 3/1/xx
- 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/xx
- Released to RTW in a sedentary capacity on 6/8/xx, but employer unable to accommodate restrictions

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

- 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/xx
- 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
  - 130º flexion
  - 0º extension

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

(Review DWC Form-032 and note important information; go online to the ODG by MCG RTW guidelines, and, look up relevant disability duration tables; consider job duties/title if needed)