

# **New Brunswick General Guidelines For Expected Healing Times**

## **INTRODUCTION**

Healing time is the generally expected interval of time for physiological wound repair, following an injury or surgery. Disability time/duration refers to the generally expected maximal interval of time, for a given level of physical job demands (Reed, 1994), within which the worker should have regained pre-accident or pre-surgical functional ability. Healing Time is always longer than disability duration time.

When a worker reaches the expected healing time for his/her injury, but continues to be disabled and to complain of pain, he/she should be considered as a potential chronic pain disability sufferer.

There are 2 sets of tables for expected healing times: General Expected Healing Times and Post-Surgical Healing Times

## **GENERAL EXPECTED HEALING TIMES**

### **Soft Tissue Injuries**

Soft tissue injuries	3 months
Knee ligament injuries	3 months
Herniated disc - conservative treatment	3-6 months

### **Fractures**

Complex facial fractures	4-6 months
Upper limb	3-6 months
Hand fractures	3-6 months
Simple, vertebral, body compression - all levels	3-6 months
Spinal fractures/dislocations	12 months
Pelvis - no reduction	3-6 months
Pelvis - with reduction	12 months
Femur and hip fractures	6-12 months
Tibial fractures	6-9 months
Other lower limb and foot fractures	3-6 months
Complex and/or complicated fractures	6 months
Fracture dislocations of major joints (including wrist and ankle)	6 months

### **Infections**

Osteomyelitis	4-8 months
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### **Injuries to the Nervous System**

Peripheral nerve injuries	3-12 months
Minor head injuries	3 months
Brain injuries with persisting neurological deficit	1 year
Spinal cord and cauda equina injuries	1 year

### **POST-SURGICAL HEALING TIMES**

#### **Shoulder**

Arthroscopy	3 months
Most other shoulder operations	3-6 months

#### **Knee**

Arthroscopy	3-6 weeks
Arthrotomy	3 months
Ligament repair	3-6 months

#### **Ankle**

Ligament repair	3-6 months
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#### **Spine**

Discectomy	3-6 months
Spinal fusion	6-12 months
Spinal stenosis decompression	3-12 months

#### **Nervous System**

Major nerve repair	6-12 months
Minor nerve repair	4-5 months
Carpal tunnel or other nerve release	3 months

#### **Tendon**

Flexor tendon repair or tendon transfer	3-6 months
Extensor tendon repair	3 months
Tendon release	3 months

#### **Amputations**

Amputations - upper	3-6 months
Amputations - lower	3-12 months

#### **Reconstruction**

Digital re-implantation	6-9 months
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