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 (see Disability Duration Guidelines section), 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 two 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, vertebreal,
   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 3-6 months
Fracture dislocations of major joints
   (including wrist and ankle) 6 months

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

<table>
<thead>
<tr>
<th>Injury Type</th>
<th>Healing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peripheral nerve injuries</td>
<td>3-12 months</td>
</tr>
<tr>
<td>Minor head injuries</td>
<td>3 months</td>
</tr>
<tr>
<td>Brain injuries with persisting neurological deficit</td>
<td>1 year</td>
</tr>
<tr>
<td>Spinal cord and cauda equina injuries</td>
<td>1 year</td>
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</tbody>
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### 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

#### 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