Milestone Definition List

- **Inpatient Discharge:** date released from hospital post-surgical intervention
- **Outpatient rehab commenced:** date of consult note **IF** it occurs within 30days of the surgical intervention (if >30days, do not include)
- **Return to walking without an aid:** must be full weight bearing - do not include if partial weight bearing
- **Return to walking up/down stairs:** can include handrail use but must be typical gait style (not one stair walking with unaffected side leading)
- **Restoration to full range of motion:** can mark multiple times for each joint direction - add note to identify which one (e.g. full flx achieved)
- **Return to driving:** all inclusive - if cleared for driving can note
- **Return to running:** must be unassisted, do not include if only hydro, tramp or banded (or similar)
- **Return to change of direction running:** must be noted to include change of direction (not assumed)
- **Return to training:** inclusive of sport or gym - please note which one in notes
- **Return to contact:** must be specifically noted
- **Unlisted:** NA
- **Return to sport:** can be inclusive of partial load - please note to what capacity they have returned
- **Return to normal activities:** can be inclusive of all ADL's - if using this milestone, must note what it was (e.g. return to looking after grandchildren, returned to work etc)
- **Patient self-discharge**: if consults cease with final notes showing signs of full recovery (without specifically noting the patient is discharged) - please note any details you can
- **Full Recovery:** clinical note must state a formal discharge