

**Regardless of normal job duties, light duty work will be accommodated.  
Please prepare restrictions below:**

<b>ATTENDING PHYSICIAN'S RETURN TO WORK RECOMMENDATIONS RECORD</b>		Claim No. _____																									
Patient's Name (First)	(Middle Initial)	(Last)	Date of Injury/Illness																								
<b>TO BE COMPLETED BY ATTENDING PHYSICIAN – PLEASE CHECK</b>																											
Diagnosis/Condition (Brief Explanation)																											
I saw and treated this patient on _____ and based on the above description of the patient's current medical problem: (date)																											
1. <input type="checkbox"/> Recommend his/her return to work with no limitations on _____ (date)																											
2. <input type="checkbox"/> He/She may return to work on _____ capable of performing the degree of work checked below with the following limitations: (date)																											
<input type="checkbox"/> <b>Sedentary Work.</b> Lifting 10 pounds maximum and occasionally lifting and/or carrying such articles as dockets, ledgers, and small tools. Although a sedentary job is defined as one which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.		1. In an 8 hour work day patient may: <ul style="list-style-type: none"> <li>a. Stand/Walk <input type="checkbox"/> None   <input type="checkbox"/> 1-4 hours   <input type="checkbox"/> 4-6 hours   <input type="checkbox"/> 6-8 hours</li> <li>b. Sit <input type="checkbox"/> 1-3 hours   <input type="checkbox"/> 3-5 hours   <input type="checkbox"/> 5-8 hours</li> <li>c. Drive <input type="checkbox"/> 1-3 hours   <input type="checkbox"/> 3-5 hours   <input type="checkbox"/> 5-8 hours</li> </ul>																									
<input type="checkbox"/> <b>Light Work.</b> Lifting 20 pounds maximum with frequent lifting and/or carrying of objects weighing up to 10 pounds. Even though the weight lifted may be only a negligible amount, a job is in this category when it requires walking or standing to a significant degree or when it involves sitting most of the time with a degree of pushing and pulling of arm and/or leg controls.		2. Patient may use hand(s) for repetitive: <ul style="list-style-type: none"> <li><input type="checkbox"/> Single Grasping</li> <li><input type="checkbox"/> Pushing &amp; Pulling</li> <li><input type="checkbox"/> Fine Manipulation</li> </ul>																									
<input type="checkbox"/> <b>Light Medium Work.</b> Lifting 30 pounds maximum with frequent lifting and/or carrying of objects weighing up to 20 pounds.		3. Patient may use foot/feet for repetitive movement as in operating foot controls: <input type="checkbox"/> Yes <input type="checkbox"/> No																									
<input type="checkbox"/> <b>Medium Work.</b> Lifting 50 pounds maximum with frequent lifting and/or carrying of objects weighing up to 25 pounds.		4. Patient is able to: <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Frequently</th> <th style="text-align: center;">Occasionally</th> <th style="text-align: center;">Not At All</th> </tr> </thead> <tbody> <tr> <td>a. Bend</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>b. Squat</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>c. Climb</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>d. Twist</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>e. Reach</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </tbody> </table>			Frequently	Occasionally	Not At All	a. Bend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	b. Squat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	c. Climb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	d. Twist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	e. Reach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/> <b>Medium Heavy Work.</b> Lifting 75-80 pounds maximum with frequent lifting and/or carrying of objects weighing up to 40 pounds.																											
<input type="checkbox"/> <b>Heavy Work.</b> Lifting 100 pounds maximum with frequent lifting and/or carrying of objects weighing up to 50 pounds.																											
Other Instructions and/or Limitations Including Prescribed Medications:																											
These restrictions are in effect until _____ or until patient is re-evaluated on _____ (date) (date)																											
3. <input type="checkbox"/> He/She is totally incapacitated at this time. Patient will be re-evaluated on _____ (date)																											
Physician's Signature		Date																									
Print name:		Phone number																									
Facility Name:																											