Return form to:

RETURN-TO-WORK STATUS

Worker's name: _____ Claim number (if known): _____

Next scheduled appointment date: _____

Is the worker expected to materially improve from medical treatment or the passage of time? ☐ Yes ☐ No

WORK STATUS *(Select one option)*

☐ **OPTION 1 – Released to Regular Work** Status from (date): _____

Released to the ***hours routinely worked and tasks routinely performed in the job held at the time of injury.***

☐ **OPTION 2 – Not Released to Work** Status from (date): _____ to: _____

The worker is ***not capable of performing any work activities***.

☐ **OPTION 3 – Released to Modified Work** Status from (date): _____ to: _____

Released to work, ***subject to the following work restrictions (note only those that are applicable):***

Total work hours: ____ hours/day

Lift/carry/push/pull restrictions

	One-time	*≤1/3 of workday*	*1/3-2/3 of workday*	*≥2/3 of workday*	*Duration*	
Lift:	____ pounds	____ pounds	____ pounds	____ pounds	____ hrs./day	____ hrs./one time
Carry:	____ pounds	____ pounds	____ pounds	____ pounds	____ hrs./day	____ hrs./one time
Push:	____ pounds	____ pounds	____ pounds	____ pounds	____ hrs./day	____ hrs./one time
Pull:	____ pounds	____ pounds	____ pounds	____ pounds	____ hrs./day	____ hrs./one time

Activity restrictions

Stand:	____ hrs./day	____ hrs./one time	***Twist:***	____ hrs./day	____ hrs./one time	***Crawl:***	____ hrs./day	____ hrs./one time
Walk:	____ hrs./day	____ hrs./one time	***Climb:***	____ hrs./day	____ hrs./one time	***Crouch:***	____ hrs./day	____ hrs./one time
Sit:	____ hrs./day	____ hrs./one time	***Bend:***	____ hrs./day	____ hrs./one time	***Balance:***	____ hrs./day	____ hrs./one time
Drive:	____ hrs./day	____ hrs./one time	***Above-shoulder-reach:***	____ hrs./day	____ hrs./one time	***Below-shoulder-reach:***	____ hrs./day	____ hrs./one time
Kneel:	____ hrs./day	____ hrs./one time						

Hand use restrictions

Fine actions:	____ hrs./day L hand	____ hrs./day R hand
Keyboarding:	____ hrs./day L hand	____ hrs./day R hand
Grasp:	____ hrs./day L hand	____ hrs./day R hand

Foot use restrictions

Raise:	____ hrs./day L foot	____ hrs./day R foot
Push:	____ hrs./day L foot	____ hrs./day R foot

Notes / other restrictions: _____

_____

Medical provider's signature: _____ Date: _____

Print medical provider's name: _____ Phone no.: _____