

Employee: _____ Today's Exam Date: _____
Date of Injury/Event: _____ Next Exam Date: _____
Employee's regular job title: _____ Department: _____

The above-named employee is under my care. I release him/her to return to work as specified below:

☐ **FULL DUTY**, usual job, no restrictions, as of: _____ (date.)

☐ **Transitional Work** - with the **following Work Restrictions/Capacities**, as of _____ (date), to be adhered to at work and at home **until their next appointment on** _____ (date).

_____ Work FULL-TIME; _____ Work PART-TIME only: _____ hours per day, _____ days per week

Employee can safely perform these functions: (please check every item below)

Lift /Carry	No restriction	Up to 5 lbs	10 lbs	25 lbs	50 lbs	Not at all
Push /Pull	No restriction	Up to 5 lbs	10 lbs	25 lbs	50 lbs	Not at all
Stand/walk			No restriction	Frequently	Occasionally	Not at all
Stoop/Bend at Waist			No restriction	Frequently	Occasionally	Not at all
Kneel/Squat			No restriction	Frequently	Occasionally	Not at all
Climb			No restriction	Frequently	Occasionally	Not at all
Sit			No restriction	Frequently	Occasionally	Not at all
Other			No restriction	Frequently	Occasionally	Not at all
Reach Above Shoulder with Left arm/right Arm (circle one or both)			No restriction	Frequently	Occasionally	Not at all
Repetitive use of Left hand/ right hand (circle one or both)			No restriction	Frequently	Occasionally	Not at all
Keyboard/mouse			No restriction	Frequently	Occasionally	Not at all
Drive (to work / while at work (Circle one or both.))			No restriction	Frequently	Occasionally	Not at all

Comments: _____

☐ **OFF WORK** because of **Medical Necessity** due to: _____ Hospitalization; _____ bed rest; _____ work or commute is medically contraindicated (will worsen condition or delay recovery)

Explain (please do not include medical diagnoses): _____

Estimated date Employee may be released: Transitional Work / Full Duty (circle) on _____ (date)

Healthcare Provider (SIGNATURE) _____

Date _____