

Instructions on Returning to Work

was seen on
(Patient name) (Date)

by
(Healthcare Provider name or Office/Clinic name)

Signature:

Contact information:

The patient will have a follow-up evaluation in . Recommendations regarding their return to work may be updated at this time.

Based on the patient's diagnosis, I recommend that they:

- Be permitted to return to work without changes to their regular tasks or schedule.
- Be excused from work for days or until seen again for a follow-up evaluation on .
- Be excused from work for days. Following this time, the employee can return to work with changes to their regular tasks or schedule. *(See below for recommended changes.)* These changes should stay in place for or until after a follow-up evaluation on .
- Be permitted to return to work with changes to their regular tasks or schedule. *(See below for recommended changes.)* These changes should stay in place for or until after a follow-up evaluation on .

Providing support through an employee assistance program and making changes to an employee's work activities can help them return to a regular routine more quickly and safely.

Based on the patient's diagnosis and symptoms, please make the changes checked below until after their follow-up evaluation.

<input type="radio"/> No physical activity.	<input type="radio"/> No driving.
<input type="radio"/> Reduced physical activity. Limited to: <input type="text"/>	<input type="radio"/> Reduced driving. Limited to <input type="text"/> hours per day.
<input type="radio"/> Shortened workday. Limited to <input type="text"/> hours per day.	<input type="radio"/> Extended time to complete tasks.
<input type="radio"/> Temporary transfer to position with tasks that do not worsen symptoms.	<input type="radio"/> Provide a quiet place to take rest breaks.
<input type="radio"/> Later start time. Suggested start time: <input type="text"/>	<input type="radio"/> Reduced screen time, such as on computers and tablets. Limited to <input type="text"/> hours per day.
<input type="radio"/> No heights (such as climbing ladders).	<input type="radio"/> Allow use of sunglasses, earplugs, or headphones if bothered by light or noise.
<input type="radio"/> No use of machinery or heavy equipment.	<input type="radio"/> Provide equipment or assistive technology to help perform tasks. <ul style="list-style-type: none"> <input type="radio"/> Screen magnification software <input type="radio"/> Alternative keyboards <input type="radio"/> Screen reading software <input type="radio"/> Other: <input type="text"/>
<input type="radio"/> Reduced use of machinery or heavy equipment. Limited to <input type="text"/> hours per day.	<input type="radio"/> Allow time for light physical activity (short walks) during the workday.

Other:

