



Office of Human Resources
G-8 Sutton Hall
724-357-2431
724-357-2685 (fax)

Employee Release to Return to Work

Patient: _____
(name)

Is released to return to work on: _____
(date)

With (check one):

___ No restrictions on work activities

___ The following work restrictions (check or specify applicable restrictions)

___ May not lift/carry more than _____ lbs.

___ May not push/pull more than _____ lbs.

___ Other (list specific restrictions below or complete physical functions check sheet on reverse):

Three horizontal lines for listing specific restrictions.

Date of expected release from restrictions: _____

If release date unknown, date of next appointment and evaluation: _____

By providing my original signature, the undersigned health care provider certifies that the information provided on this form is true and accurate.

Table with 4 rows and 3 columns for provider information: Printed name, Type of practice, License number, Address, Telephone number, Name and title, Signature, Date.

Physical Activity	Permitted?		Frequency?	
	Yes	No	Occasionally	Frequently
Lift and Carry				
0 to 10 lbs.				
10 to 25 lbs.				
25 to 50 lbs.				
Over 50 lbs.				
Push and Pull				
0 to 10 lbs.				
10 to 25 lbs.				
25 to 50 lbs.				
Over 50 lbs.				
Reach above shoulder				
Reach at shoulder				
Reach below shoulder				
Climb ladder				
Climb stairs				
Crawl				
Kneel				
Mop/Sweep				
Ride				
Shovel				
Sit				
Stand				
Stoop/Bend				
Stretch				
Twist				
Walk				
Hand Movement	Left	Right	Occasionally	Frequently
¹ Handling				
² Fingering				
³ Grasping				
Foot Movement	Left	Right	Occasionally	Frequently
Depressing foot pedals in operation of motor vehicle or motorized equipment				

¹**Handling:** Primarily working with the whole hand or arm, e.g., lifting a ream of paper.

²**Fingering:** Picking, pinching, typing or otherwise working primarily with fingers rather than with the whole hand or arm (e.g., picking up a pen).

³**Grasping:** Applying pressure to an object with the fingers and palm, e.g., removing a book from a shelf.