

The following is a synopsis of potential work capacities in individuals with disabling **neck and upper back pathologies**, according to the Work Loss Data Institute-Official Disability Guidelines.

Clerical/Modified Work: No lifting over shoulder; lifting to level of shoulder not more than 5 lbs [2 kg] up to two times/hr; standing or walking with a 5-minute break at least every 20 minutes; sitting with a 5-minute break every 30 minutes (using an operator headset if extended phone operation); no extremes of motion including extension or flexion; no extremes of twisting or lateral rotation; no climbing ladders; driving car only up to 2 hrs/day; possible use of cervical collar with change of position and stretching every 30 minutes; modify workstation or position to eliminate lifting away from body or using twisting motion.

Manual Work: Lifting over shoulder not more than 25 lbs [11 kg] up to 15 times/hr; lifting to level of shoulder up to 30 lbs [14 kg] of weight not more than 15 times/hr; standing or walking with a 10-minute break at least every 1-2 hours; sitting with a 10-minute break every 1-2 hours; extremes of flexion or extension allowed up to 20 times/hr; extremes of twisting allowed up to 16 times/hr; climbing ladders allowed up to 40 rungs 8 times/hr; driving car or light truck up to a full workday; driving heavy truck up to 4 hrs/day.

According to the Work Loss Data Institute-Official Disability Guidelines: **Low Back**, the following is an evidence-based synopsis of potential work capacities in individuals suffering disabling **lower back/lumbopelvic pathologies**:

Clerical Modified Work: Lifting with knees (with a straight back, no stooping) not more than 5 lbs [2 kg] up to 3 times/hr; squatting up to 4 times/hr; standing or walking with a 5-minute break at least every 20 minutes; sitting with a 5-minute break every 30 minutes; no extremes of extension or flexion; no extremes of twisting; no climbing ladders; driving car only up to 2 hrs/day.

Manual Work: Lifting with knees (with a straight back) not more than 25 lbs [11 kg] up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10-minute break at least every one-two hrs; sitting with a 10-minute break every one-two hrs; extremes of flexion or extension allowed up to 12 times/hr; extremes of twisting allowed up to 16 times/hr; climbing ladders allowed up to 25 rungs, 6 times/hr; driving car or light truck up to a full workday, driving heavy truck up to 4 hrs/day.

According to Work Loss Data Institute-Official Disability Guidelines: **Forearm, Wrist, and Hand**, the following is an evidence-based synopsis of potential work capacities in individuals suffering disabling forearm, wrist, and/or hand injuries/pathologies:

Modified Work: Repetitive motion activities (with or without splint) not more than 4 times/hr; repetitive keying up to 15 keystrokes/min not more than 2 hrs/day; gripping and using light tools (pens, scissors, etc.) with 5-minute break at least every 20 min; no pinching; driving car up to 2 hrs/day; light work up to 5 lbs [2 kg] three times/hr; avoidance of prolonged periods in wrist flexion or extension.

Regular Work (If not causing or aggravating to disability): Repetitive motion activities not more than 25 times/hr; repetitive keying up to 45 key strokes/min 8 hrs/day; gripping and using moderate tools (pliers, screwdrivers, etc.) full time; pinching up to 5 times/him; driving car or light truck up to 6 hrs/day or heavy truck up to 3 hrs/day; moderate-to-heavy work up to 35 lbs [16 kg] not more than 7 times/hr.