

Attn: Angela Montgomery 973-940-1852

### Return To Work Notice

Today's Date: 4/13/22  
 Name: Ismajlarski, Garin  
 Work Related: ☒ Yes ☐ No  
 MMI Date: \_\_\_\_\_  
☐ Return to work without restrictions as of \_\_\_\_\_  
☒ No work Estimate Return: 2wks 4wks 2mos 4mos undetermined  
☐ Return to work with the following restrictions as of: \_\_\_\_\_  
☐ Sedentary work only  
☐ No work requiring repetitive or prolonged kneeling, squatting or climbing  
☐ No lifting over 10 25 50 75 100 lbs  
☐ No work requiring use of arms above shoulder level  
☐ No operating of mobile equipment  
☐ No work requiring repetitive or prolonged bending or stooping  
☐ No work requiring prolonged walking and/or standing  
☐ Other restrictions \_\_\_\_\_  
 Additional comments: \_\_\_\_\_  
 Return to office 2wks 4wks 8wks 12wks \_\_\_\_\_ wks

Carl P. Giordano, M.D.

Richard S. Nachwalter, M.D.

Atlantic Spine Specialists

131 Madison Avenue, Suite 110 • Morristown, New Jersey 07960  
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PV5083381

**R****Physical Therapy**

Today's Date

4, 13, 13

Name

D Smailovski, 62 in

Diagnosis

HN

Precautions

3 Times / Week for 2 Weeks

☐ One Visit

Body Area:

Cervical

Thoracic

Lumbar

Other:

**Exercises**

- ☒ Aerobic  
☒ Strengthen  
☒ Stretch  
☒ ROM  
☒ Home Program

- ☐ Gentle Cervical  
 Traction  
☐ McKenzie  
☐ Williams

**Modalities**

- ☒ Moist heat  
☒ Ultrasound  
☒ Massage  
☒ Tens  
☐ Whirlpool  
☐ Pool

Comments:

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