

Physical Therapy

R

Today's Date

5/15/23

Name Osborn-Nepes, Claude
 Diagnosis Thoracic

Precautions

2 Times / Week for 4 Weeks

☐ One Visit

Body Area: ☒ Cervical ☐ Thoracic ☐ Lumbar

Other:

Exercises

- ☒ Aerobic
- ☒ Strength
- ☒ Stretch
- ☒ ROM
- ☒ Home Program

Modalities

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

Comments:

Carl P. Giordano, M.D. Richard S. Nachwalter, M.D.

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Return To Work Notice

Today's Date

5/15/23

Name

Osborn-Nepes, Claude

Work Related: ☒ Yes ☐ No

MM Date

5/15/23

☒ 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 4wks

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