

BRIDGE STREET CLINIC

ABN 76 874 364 699

OCCUPATIONAL MEDICINE

A MEMBER OF: OCCHEALTH AUSTRALIA

FAMILY MEDICINE

REHABILITATION-RETURN TO WORK PLAN

CONSULTANT DOCTOR LIST OF MEDICAL CONSTRAINTS/ EXERCISE PERIODS/ REST PERIODS

Re: Jacob Gunn
DOB: 11/11/1990

I have seen the abovementioned worker today and believe that the following **medical constraints**, and/or **exercise periods**, and/or **rest periods** apply in relation to his/her situation to allow him/her to be at work for normal working hours

Medical constraints

1. no repeated bending, pushing, pulling, twisting, lifting
2. no lifting > 5kg
3. no lifting > waist height

Exercise periods

5 minutes/hour

Rest periods

5 minutes/hour

Duration of constraints- 2-4 weeks depending on response to physiotherapy and medication

Proposed date of next examination- 4 weeks if not recovered

Date: 20 August 2025
Dr:

Signed

