

**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: Melad Hussani
DOB: 05/04/2006**

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. sit or stand as desired
2. no repeated bending, pulling, pushing or twisting
3. no lifting > 5kg
4. avoid constant squatting, kneeling, climbing
5. graduated return to work--4 hours/day, 5 days/week increasing fortnightly by 2 hours/day as tolerated

Exercise periods

5 minutes/hour

Rest periods

5 minutes/hour

Duration of constraints- 6 weeks

Proposed date of next examination- 6 weeks--advised to have mri scan lumbosacral spine and blood tests to exclude rheumatological causes of chronic low back pain
recommend pilates or kieser therapy for low back pain

Date: 3 December 2025
Dr. *Morris DVASH*

Signed *M. Darl*