

# 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

Signed

Dr:



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