RELEASE TO RETURN TO WORK

GVRA

Name of employee		WC Claim number	

Please complete the following information and return with the injured employee.

1. Is the employee medically stationary? ☐ Yes Date _____
   ☐ No Next scheduled appointment date _____

2. Employee is released to:

   (*If employee is released to full unrestricted duties do not complete lines 3 through 11. Sign below.)

   ☐ full duty without restrictions Date _____
   ☐ modified duty from (date) _____ through (date) _____ (specify limitations below.)
   ☐ modified hours — specify _____ from (date) _____ through (date) _____

Hours:	No limitations	1	2	3	4	5	6	7	8
3. In an eight-hour workday, employee can stand/walk a total of	☐	☐	☐	☐	☐	☐	☐	☐	☐
4. At one time, employee can stand/walk	☐	☐	☐	☐	☐	☐	☐	☐	☐
5. In an eight-hour workday, employee can sit a total of	☐	☐	☐	☐	☐	☐	☐	☐	☐
6. At one time, employee can sit	☐	☐	☐	☐	☐	☐	☐	☐	☐

7. The employee is released to return to work in the following range for lifting, carrying, pushing/pulling:

Pounds	<10	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	>100
Occasionally	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Frequently	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

8. Employee can use hands for repetitive:

	Right	**Left**	
a. Fine manipulation	☐ Yes ☐ No	☐ Yes ☐ No	Dominant hand
b. Pushing and pulling	☐ Yes ☐ No	☐ Yes ☐ No	☐ Right ☐ Left
c. Simple grasping	☐ Yes ☐ No	☐ Yes ☐ No	
d. Keyboarding	☐ Yes ☐ No	☐ Yes ☐ No	

9. Employee can use feet for repetitive raising and pushing (as in operating foot controls): ☐ Yes ☐ No

10. Employee is able to:

	Continuous 67-100% of the day	Frequently 34-66% of the day	Occasionally 6-33% of the day	Intermittently 1-5% of the day	Not at all
a. Stoop/bend	☐	☐	☐	☐	☐
b. Crouch	☐	☐	☐	☐	☐
c. Crawl	☐	☐	☐	☐	☐
d. Kneel	☐	☐	☐	☐	☐
e. Twist	☐	☐	☐	☐	☐
f. Climb	☐	☐	☐	☐	☐
g. Balance	☐	☐	☐	☐	☐
h. Reach	☐	☐	☐	☐	☐
i. Push/pull	☐	☐	☐	☐	☐

11. Other functional limitations or modifications necessary in employee's employment:

Additional comments may be written on back of form.

Signature of physician	Physician's typed name	Date