

**Work Status:** Any work functions you are currently performing are called your “Work Status”. For example, you may have lifting restrictions of 10 lbs.

During your recovery, it may not be possible to perform the regular duties of your job. These are the duties your job required you to perform before your injury.

The requirements of your regular work are reviewed as you enter our practice. We request that you are as specific as possible when completing your new patient forms and discussing with our nurse.

**Goals of Work Restrictions or Modifications:**

1. Protect you from further injury;
2. Allow you to heal and recover from the injury while under treatment;
3. Permit you to continue working and earn your full salary;
4. Demonstrate to your employer that you are able, available and willing to work, albeit it with restrictions to your usual duties.

**Rules of work status modifications:**

The doctor’s role is to determine which duties of work you are able to perform without furthering the injury, and while allowing you to heal and recover during treatment.

Specific actions at work are addressed (e.g., “no lifting over 10 lbs.”).

If Dr. Roache is your PTP (Primary Treating Physician), he will be writing your work status. This is the case if you require surgery or if there are no other body parts on your claim.

Generally, you will be seen every 2-3 weeks when on modified work status and your work status will be addressed at regular intervals as your progress through care.

A visit report (called a PR2 Report ) will be created after each visit. This visit will be sent to those involved in your claim. It also contains information on when we expect you to be ready for modified work and regular work, based upon your diagnosis and general health history. Your work status and return to work plan and schedule will be discussed by our nurse once you receive a diagnosis.

**Returning to Regular Work Without Restrictions – General Guidelines:**

You will return to work without restrictions as treatment progresses. Some pain or discomfort may persist when you first return to unrestricted regular work. Often a “trial of regular work” is given when a patient first returns to unrestricted duty.

**What happens if you are unable to return to work without restrictions?**

The goal is to treat the injury and return to work without restrictions. However, this is not always possible. In these cases, the restrictions become permanent. Permanent restrictions can affect your ability to return to your present job and will affect the types of jobs you are able to get in the future. You should discuss this with your employer and adjuster if you do not know if they have a job for you with permanent restrictions