





## MODIFIED WORK PROPOSAL for workers with HAND or WRIST problems

Employee name: \_\_\_\_\_ Site of injury: \_\_\_\_\_ Date: \_\_\_\_\_

Proposed tasks: \_\_\_\_\_

Description of proposed tasks: \_\_\_\_\_

With the employee's participation, we have reviewed the physical work demands for the hand or wrist of the proposed tasks using the "Estimate of physical work demands for workers with hand or wrist problems" worksheet. Here are the results:

Work demands		Estimate of physical work demands				Describe the characteristics of the moderate and high work demands (e.g. duration, frequency, intensity) and any changes applied
		Absent 	Low 	Moderate 	High 	
1	Forceful exertion of the hands or fingers (e.g. forceful holding, squeezing, gripping)					
2a	Awkward wrist postures (e.g. flexion, extension, ulnar or radial deviation)					
2b	Extreme finger postures (e.g. flexion, extension, spread fingers)					
2c	Demanding thumb positions					
3	Sustained repetitive movement of the fingers or wrists					
4	Exposure of the hands to vibration, impact shock or rebound					
5	Pressure or friction points in the hand or wrist area					

**The employee believes he or she is capable of performing the work:**

- as described above
  if the worker can work at his or her own pace  
 The employee does not believe he or she is capable of performing this work

**To be completed by the treating physician:**

1. Is the employee able to perform this work?  yes  no  
 2. Is this work without danger to the health, safety and physical well being of the employee, given his or her injury?  yes  no  
 3. Does this work promote the rehabilitation of the employee?  yes  no

Assignment permitted:  yes  no  yes with the following changes or restrictions:

If no, reason for refusal: \_\_\_\_\_

Start date of this work assignment: \_\_\_\_\_

I recommend that this person be re-evaluated in \_\_\_\_\_ days.

Signature of treating physician: \_\_\_\_\_ Date: \_\_\_\_\_

Name in block letters: \_\_\_\_\_