



Mark C Engasser MD PA
Orthopedic Surgery

www.OrthoWeekendWarrior.com

NAME _____ TODAY'S DATE: _____

DIAGNOSIS: _____ RETURN TO CLINIC DATE: _____

TREATMENT: _____

MEDICATION: _____

TOTALLY DISABLED FROM: _____ TO _____

RETURN TO WORK DATE: _____ WITH NO LIMITATIONS WITH LIMITATIONS

DURATION OF LIMITATIONS: _____

WORK ABILITIES: _____ FULL TIME WORK _____ HOURS PER DAY _____ HOURS PER WEEK

PHYSICAL RESTRICTIONS:

_____ SEDENTARY WORK: OCCASIONAL LIFTING 5-10 LB, OCCASIONAL BENDING, TWISTING, LIFTING. _____

_____ LIGHT WORK: OCCASIONAL LIFTING 20 LB, FREQUENT LIFTING 5-10 LB, OCCASIONAL BENDING, TWISTING, LIFTING _____

_____ MEDIUM WORK: OCCASIONAL LIFTING OF 50 LB, FREQUENT LIFTING 25 LB, FREQUENT BENDING, TWISTING, LIFTING _____

_____ HEAVY WORK: LIFTING UP TO 100 LB, FREQUENT LIFTING OF 50LB, FREQUENT BENDING, TWISTING, LIFTING. _____

RESTRICTIONS FOR SHOULDER: _____

RESTRICTIONS FOR UPPER EXTREMITIES: _____

RESTRICTIONS FOR LOWER EXTREMITIES: _____

OTHER: _____

PHYSICIAN COMMENTS: _____

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