

## RETURN TO WORK PROGRAM WSIB STANDARD BOARD RESTRICTIONS

### **BACK**

- Avoid:*
- Sustained flexion (forward, lateral, backward)
  - Repetitive trunk movement
  - Heavy lifting
  - Prolonged weight bearing which includes sitting, standing and walking

### **NECK**

- Avoid:*
- Repetitive neck movement
  - Above shoulder and overhead activity – repetitive
  - Prolonged neck flexion/hyper-extension

### **SHOULDER**

- Avoid:*
- Repetitive (R/L) shoulder movement (flexion, extension, rotation) against resistance
  - Heavy lifting
  - Above shoulder activity
  - Repetitive use of the (R/L) upper extremity against resistance

### **UPPER EXTREMITY (including elbow & hand)**

- Avoid:*
- Repetitive movement of the involved joint against resistance
  - For the hand and wrist, this should also include wrist repetitive gripping
  - Constant vibration (wrist and hand)

### **LOWER EXTREMITY (including hip, knee, ankle and foot resistance)**

- Avoid:*
- Repetitive movement of the involved joint against resistance
  - Prolonged weight bearing
  - Rough ground walking