

Limitation: Activities that the patient physically, psychologically and/or cognitively is unable to perform (may not pose risk to worker or others per se, but would reasonably interfere with ability to perform a given task).

Table 12.4. Identifying Work Limitations

Symptom / Sign	Limitation
Headache / nausea with heavy exertion	Avoid heavy / repetitive lifting tasks
Photophobia, sonophobia	Avoid brightly lit areas, limit VDT use, avoid noisy environments
Impaired concentration	Avoid multitasking – single assignments only Work at own pace
Irritability, impulsivity, anxiety	Limit interaction with coworkers / general public

Adapted from: Thompson, A. (2021). Framework for Return to Work (RTW) Recommendations [PowerPoint Slides].