

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].