



## **Potential Work Restrictions**

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## **Provider Information Series**

### **Harbor Health Systems**

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## Potential Work Restrictions

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<b>Neck:</b>	Above shoulder work Lifting, pushing, pulling Driving
<b>MID AND LOW BACK:</b>	Bending, stooping, pushing, pulling, lifting Squatting, crouching, crawling, climbing
<b>SHOULDER:</b>	Above shoulder work Lifting, pushing, pulling
<b>ELBOW:</b>	Lifting, pushing, pulling
<b>WRIST, HAND, FINGERS:</b>	Lifting, pushing, pulling, grasping Typing (use of keyboard), use of mouse, writing Repetitive use of hands, fingers
<b>HIP:</b>	Bending, stooping, pushing, pulling, lifting Squatting, crouching, crawling, climbing
<b>KNEE:</b>	Lifting, pushing, pulling
<b>ANKLE:</b>	Standing, walking, climbing, crawling, squatting, kneeling Lifting
<b>FOOT:</b>	Standing, walking, climbing, walking on uneven terrain