

## Work Fitness Report - Occupational Health Physiotherapy

From: Lasse Flosand (Physiotherapist in Occupational Health)

To: Manager and HR Officer

Date: 07/10/2017

**Private and Confidential**

**Re: Mr X DOB: 01/01/0101**

### Background

Mr X was assessed in the OH Physiotherapy Service this morning.

As you know, he has fractured the 5<sup>th</sup> metacarpal bone in his left hand outside of work. He remains under the care of fracture clinic in Solihull hospital with a review appointment on Wednesday 9<sup>th</sup> October 2017. MR X will need to continue attending appointments there as required by the fracture service.

Mr X is in a splint and will most likely remain in the splint for another 4-5 weeks.

### Prognosis:

The outlook for this type of injury is very good, with full healing normally achieved within 5-6 weeks of the injury date. As he is now 9 days in after the injury, we are looking at another 4-5 weeks before he can use his left hand without restriction.

### Fitness to Work:

Mr X is fit for right handed work activity from today. He can use his left hand for very light activity using his left thumb, index and ring finger only i.e. computer work and similar. There is also a question whether the K-truck could be a possible work activity fitting with the above advice.

The above adjustments will be necessary for the next 4-5 weeks.

### Review:

Further OH Physiotherapy review has been organised for Thursday 24<sup>th</sup> October 2017 at 18:00.

Thanks and Best Regards

Lasse Flosand (MCSP)  
Physiotherapist in Occupational Health