

## SPICE: RETURN TO WORK PLAN

**S** **Simplicity:** Communicate the return to work plan using easy to understand terminology. Complex language can be incorrectly interpreted.

**P** **Proximity:** Keeping the worker within the workplace improves outcomes as they return to their routine and social work patterns.

**I** **Immediacy:** Timely action minimizes worse outcomes

**C** **Centrality:** Coordinate care through a central health care provider.

**E** **Expectancy:** Set appropriate treatment and improvement goals and expectations with the patient to improve adherence.



### DO'S

- ✓ Focus on function
- ✓ Write prescription for transitional duty
- ✓ Base prescription upon objectively verifiable examination findings



### DON'TS

- ✓ Avoid prescribing light duty. Instead, be specific about activities that are allowed
- ✓ Rarely necessary to restrict anyone with low back pain to less than 20 pounds material handling
- ✓ Avoid basing restrictions only on pain