

## READINESS FOR RETURN TO WORK SCALE

As you recover from your injury/illness, it is normal to go through different stages. We are interested to know how you feel about returning to work at the moment. There is no right or wrong answer. Just read the description and **check the box** that most sounds like how you feel right now.

### Choose one section only

---

I am not really thinking about returning to work at the moment

I am concerned with my recovery and can't think about work at the moment

---

I am thinking about return to work, but I have not made any plans to return to work

I am thinking about returning to work, but I feel that the time is not right yet

---

I have started making plans about return to work

I have started testing myself with activities that I do every day to see if I'm ready

I have discussed my return to work with my employer and/or doctor

I expect to return to work in the near future

---

I have a specific day when I will be returning to work

I have a plan of what job and hours I will be working upon my return to work

I have visited my work place and made specific plans with my employer

---

I have returned to work

I am using safety practices to avoid future injury

I am working within my ability

I am using techniques I used during my recovery to help me at work

---

AND it is going well Yes  No

---