

What to ask your Doctor, when...

Lifting Restriction

(Examples: do not lift more than 10lbs overhead; do not carry more than 5 lbs)

Your own health is your biggest priority, use this checklist to ask honest and clarifying questions to your medical professional to help create a care plan you believe in

- How long will I be on these restrictions for?
- How did you choose that amount of weight?
- Do you have a plan to get me back to lifting that weight and more?
- (If "YES" plan) Could you describe the framework of that plan?
- (if "YES" plan) What criteria would you use to progress the plan to meet my needs?
- (if "NO" plan) Will strength training or progressive overload training help me?
- (if "NO" plan) Is there any reason appropriate strength training with a fitness professional would be contraindicated, if so, why?

NOTES: