

Northwest Campus
251 County Road #120
St. Cloud, MN 56303
Phone: (320) 202-8949
Fax: (320) 257-1733

South Campus
1301 33rd St. S.
St. Cloud, MN 56301
Phone: (320) 251-8181
Fax: (320) 257-1733



Cold Spring Clinic
402 North River Ave. Suite #2
Cold Spring, MN 56320
Phone: (320) 685-8641
Fax: (320) 257-1733

Clearwater Clinic
615 Nelson Drive
Clearwater, MN 55320
Phone: (320) 558-2293
Fax: (320) 257-1733

Family Medicine • Obstetrics & Gynecology • Occupational Medicine • Surgery • Pediatrics • Express Care • Physiatry

02/13/2015

Alisha R. Martin
16980 63rd Street
Royalton, MN 56373

Alisha R. Martin is currently under my medical care for her pregnancy. She is advised to follow routine pregnancy precautions while at work. She should be allowed to change positions frequently. Lifting restriction of 13lbs if greater than 1 hour is spent lifting daily. If less than 1 hour daily of repetitive lifting may increase restriction to 22lbs. This restriction is in place until delivery unless updated by healthcare provider.

I trust this will answer any question you may have concerning appropriate working conditions for this patient. Please do not hesitate to contact my office if there are any further questions or concerns.

Sincerely,

Kimberly W Spaulding, MD, MPH

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