

To Whom it May Concern Letter Doctor

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To Whom It May Concern,

I am Dr. Helen Carter, a licensed practitioner at City Health Clinic, and the primary care physician for Mr. Mark Spencer. This letter is to provide medical information regarding Mr. Spencer's current health condition and necessary accommodations.

Patient Details:

- **Name:** Mark Spencer
- **Date of Birth:** March 12, 1985
- **Medical Record Number:** 0021549876
- **Date of Examination:** January 28, 2025

Medical Condition Summary: Mr. Spencer has been diagnosed with Chronic Back Pain, attributed to a degenerative disc disease, which has been under my care since 2023. His condition has progressively worsened, leading to significant mobility restrictions and chronic pain, which severely impacts his daily activities and ability to perform work-related tasks that require physical exertion.

Recommended Accommodations: To manage his condition effectively and minimize further health deterioration, it is medically advised that Mr. Spencer should adhere to the following workplace accommodations:

1. **Ergonomic Workstation:** It is crucial that Mr. Spencer is provided with an ergonomic desk and chair that support spinal alignment and reduce strain.
2. **Flexible Work Hours:** Allowing flexible work hours or periodic breaks during the workday to manage pain levels and perform necessary physical therapy exercises.
3. **Remote Work Options:** When possible, remote work should be considered to minimize the physical demands of commuting and allow Mr. Spencer to work in a controlled, comfortable environment.

Prognosis: With these accommodations, along with ongoing medical treatment including physical therapy and medication, I am optimistic about Mr. Spencer's ability to manage his symptoms effectively and continue contributing productively to his workplace.

Please consider this letter a formal medical recommendation for the accommodations listed above. Implementing these measures will be crucial in ensuring Mr. Spencer's health and his ability to perform his job functions safely and effectively.

Should you require further information regarding Mr. Spencer's health status or need clarification on the recommended accommodations, please do not hesitate to contact me at the details provided above.

Thank you for your attention to this matter and for your cooperation in creating a supportive work environment for Mr. Spencer.

Sincerely,

Dr. Helen Carter