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To whom this may concern,

This letter is to inform you that as care providers with Colorado West WomanCare of the Grand Valley, we encourage woman to remain moderately active throughout their pregnancy. The American Medical Association had published guidelines for the working woman to try and minimize her risk of injury or pain during her pregnancy while continuing to work. The following recommendations were included in these guidelines.

Secretarial, clerical and managerial positions including sitting and light task are appropriate throughout pregnancy.

Work tasks that include intermittent standing (less than 30 minutes each hour) stooping and bending below the knee level (2-4 times each hour), and stair climbing (4 times in an 8 hour shift) are appropriate throughout pregnancy. Work that requires more intense standing, stooping and climbing may need to be limited as the pregnancy progresses.

Lifting is limited to 15-20 pounds while pregnant and the moving of bulky items during pregnancy is prohibited due to the shift in the center of gravity for the pregnant woman.

If you have any further questions, please do not hesitate to call our office at (970) 243-7908

Drs. King, Robbins, McCarrel & Stewart