[Your Name]
[Your Job Title]
[Date]

[Manager's Name or HR Representative Name]
[Company Name]
[Department]

Subject: Request for Ergonomic Workspace Accommodations - Return to Work

Dear [Recipient Name],

I am writing to formally notify you of my upcoming return to work on [Date] following my recovery from major surgery. I am eager to resume my duties; however, based on medical recommendations, I require specific ergonomic accommodations to ensure a safe and productive transition back to the workplace.

To support my physical recovery and prevent strain, I am requesting the following adjustments to my workspace:

- [Item 1: e.g., Sit-stand desk converter]
- [Item 2: e.g., Ergonomic office chair with lumbar support]
- [Item 3: e.g., External monitor riser or keyboard tray]
- [Item 4: e.g., Footrest or specific mouse]

I have attached a supporting letter from my healthcare provider detailing these requirements and the duration for which they are needed. I am available to meet via phone or email prior to my return date to discuss how these accommodations can be implemented.

Thank you for your support and for helping me return to my role safely.

Sincerely,

[Your Signature]
[Your Printed Name]