

[Your Name]
[Your Address]
[Your Phone Number]
[Your Email]

[Date]

[Manager's Name]
[Company Name]
[Company Address]

Dear [Manager's Name],

I am writing to formally notify you of my intent to return to work following my maternity leave on [Date of Return].

While I am eager to resume my duties, my healthcare provider has recommended that I return with specific light duty restrictions for a temporary period. These restrictions are expected to last until [End Date or Date of Next Evaluation].

According to my medical provider, my restrictions include:

- [Restriction 1: e.g., No lifting more than 10 lbs]
- [Restriction 2: e.g., Limited standing or walking for more than 30 minutes]
- [Restriction 3: e.g., Frequent breaks for lactation or rest]

I have attached a formal note from my doctor outlining these requirements. I am committed to performing my role effectively and would like to discuss how we can adjust my tasks or workspace to accommodate these temporary limitations.

Thank you for your support and understanding during this transition. I look forward to rejoining the team.

Sincerely,

[Your Signature]

[Your Printed Name]