

Conditions	Impairments	Restrictions
Irritable Bowel Syndrome (IBS)	<ul style="list-style-type: none"> • Chronic abdominal pain & discomfort • Bloating • Frequent and unpredictable bowel movements, including diarrhea and urination • Constipation 	<ul style="list-style-type: none"> • Difficulty leaving home • Unable to function in workplace or recreational activities • Cannot regularly show up for work as needed in a normal job • Cannot be relied on to carry out tasks as required by a job
Back Pain	<ul style="list-style-type: none"> • Ache in (lower or upper) back • Sharp and burning sensation in (lower or upper) back • Pain radiates from hips to feet • Pain affecting back, hip and outer side of leg • Decreased movement of lower back • Stiffness • Muscle spasms • Numbness in legs and feet 	<ul style="list-style-type: none"> • Unable to sit for longer than X minutes • Unable to stand for longer than X minutes • Unable to perform heavy lifting • Can lift only X lbs • Unable to carry things • Unable to walk X blocks or more without stopping • Unable to work • Unable to perform physical labour • Unable to drive
Chronic Pain	<ul style="list-style-type: none"> • Burning and tingling sensation in body (specific limbs) • Ongoing or intermittent severe pain • Joint pain (specify where) • Tightness and stiffness in joints • Difficulty with focus and concentration • Irritability 	<ul style="list-style-type: none"> • Unable to sit for longer than X minutes • Unable to stand for longer than x minutes • Unable to perform heavy lifting • Can lift only x lbs • Unable to carry things • Unable to work at this time • Unable to perform physical labour • Unable to perform tasks requiring focus and concentration
Depression	<ul style="list-style-type: none"> • Tearful • Lacks motivation • Low energy • Problems with focus and concentration • Helpless, hopeless feelings • Withdrawn • Emotional lability • Severe mood swings • Recurring thoughts of death or suicide 	<ul style="list-style-type: none"> • Psychological symptoms impair social, recreational and occupational functioning • Cannot do work requiring concentration • Cannot work with people or machinery • Cannot regularly show up for work as needed in a normal job • Unable to sustain remunerative employment or participate in retraining
Anxiety	<ul style="list-style-type: none"> • Panic attacks • Trembling and shaking • Feelings of apprehension and dread • Lacks focus and concentration • Irritability • Sweating • Dizziness • Frequent urination and diarrhea • Shortness of breath 	<ul style="list-style-type: none"> • Difficulty leaving home and interacting with others • Cannot drive or take public transportation • Unable to show up for work or appointments • Cannot be in public spaces for short or long periods of time • Unable to sustain remunerative employment or participate in retraining