Marlowe Street Medical Practice
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Practice registration PRC-2210-KT

Serial
MC-2026-0044718
Issued 04 Aug 2026
Place Bexhill Green, Kent

MEDICAL CERTIFICATE

— SICKNESS AND FITNESS-TO-RESUME-DUTY CERTIFICATE —

NAME OF PATIENT **Daniel O. Iwuchukwu**	AGE / SEX **34 y / M**
IDENTIFICATION **Photographic identity confirmed at the consultation**	PATIENT ID **MSP-PT-20915**
ADDRESS **8 Cranfield Terrace, Bexhill Green, Kent CT19 6QD**	EMPLOYER / INSTITUTION **Harlow Logistics Ltd., Warehouse Operations**
DATE OF EXAMINATION **29 July 2026**	EXAMINED AT **Marlowe Street Medical Practice, consulting room 3**

I, **Dr. Elena Marchetti**, MBBS, MRCGP, registered medical practitioner bearing registration number **GMC-7203845** with the General Medical Council, hereby certify that I personally examined the above-named patient on **29 July 2026** at Marlowe Street Medical Practice, consulting room 3.

On examination the patient was found to be suffering from **acute lumbosacral strain with right-sided sciatic radiation**. There was marked paraspinal muscle spasm at the L4–L5 level, restricted forward flexion to approximately 30 degrees, and a positive straight-leg-raise test on the right at 40 degrees. Neurological examination showed no motor weakness, no sensory loss and preserved reflexes; there were no features suggesting cauda equina compromise. Vital signs were within normal limits and no imaging was indicated at this stage.

In my professional opinion the patient is temporarily unfit for work involving manual handling, prolonged standing or operation of powered lifting equipment and requires the period of rest and abstention from duty stated below.

REST ADVISED FROM		TO AND INCLUDING	TOTAL PERIOD	EXPECTED TO RESUME DUTY ON
29 Jul 2026	→	**11 Aug 2026**	**14 days**	**12 Aug 2026**

FITNESS STATEMENT

The patient is expected to be fit to resume employment on 12 August 2026 in a modified capacity, and fit for unrestricted duties from 26 August 2026 provided recovery continues as anticipated. A review appointment has been arranged for 11 August 2026 to confirm this assessment.

RESTRICTIONS ON RESUMING DUTY

- No lifting of loads above 10 kg for four weeks from the date of resumption.
- No operation of forklift or pallet-stacking equipment until reviewed.
- Regular postural breaks of five minutes in every hour of seated or standing work.
- Duties should be arranged to avoid repeated bending and twisting at the waist.

TREATMENT ADVISED

- Regular analgesia as prescribed, with a gastro-protective agent while it is taken.
- A short course of muscle relaxant at night for five days.
- Graded mobilisation from day three; prolonged bed rest is to be avoided.
- Referral to physiotherapy, first appointment booked for 06 August 2026.
- Immediate review if bladder or bowel disturbance, saddle numbness or progressive leg weakness develops.

REMARKS

This certificate is issued at the written request of the patient for submission to the employer named above. It covers the period of illness stated and no other. A further certificate will be required should the patient remain unfit beyond the stated end date. The practice does not issue backdated certificates for periods before the date of examination except where the patient was admitted to hospital, which was not the case here.

Dr. Elena Marchetti
MBBS, MRCGP · General Practitioner
Registration No. GMC-7203845 · General Medical Council
Marlowe Street Medical Practice, Bexhill Green, Kent

REG. MED. PRACT.

PRACTITIONER'S SEAL

MC-2026-0044718

Authenticity may be verified by quoting the serial number above to the practice on +44 1303 555 0164 during working hours. Any alteration, erasure or overwriting renders this certificate void. Issued in duplicate: one copy to the patient, one retained in the practice register.