**serv**

**Client Name:**  **D.O.B:**

**Address:**

**Phone:**

**Emergency Contact:**  **Phone:**

**Doctor:**

**Address:**

**Phone:**

**Past Medical History:**

**Medications:**

**Falls History -** Number of falls in the last 12 months: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Blood Pressure: Resting HR:

**Medical Authorisation:**

**I**  **deem that**

**is medically fit to partake in the following exercise programs (tick all appropriate):**

Please refer to group definitions on the other side of form

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Chair Based Exercise 1** |  | **Chair Based Exercise 2** |  | **Strength and Balance** |  | **Hydrotherapy** |
|  | **Planned Activity Group** |  | **“Move and Chat” Group** |  | **Tai Chi** |  | **Parkinson’s Support Group** |
|  | **Dynami Greek Exercise Group** |  | **GLA:D Program** |  | **Movement & Strength** |  |  |

**Precautions/Comments:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Doctors Signature:**   **Date:**  / / \_\_

**Group Descriptions**

**Chair-based Exercise 1:**

A seated exercise group using Thera-bands and hand weights for the legs and arms for 60 minutes.

**Chair-based Exercise 2:**

A dynamic exercise group using Thera-bands and hand weights for the legs and arms for 60 minutes. Involves standing and active warm up exercises.

**GLA:D**

Good Life with Arthritis: Denmark, is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms, run by GLA:D trained physiotherapists.

**Movement & Strength:**

Individualised goal-based exercise program, supervised by an exercise physiologist or physiotherapist. May include cardiovascular exercises (e.g. treadmill, bike), resistance exercises (free weights, pin-loaded pulleys machines, Thera-band), balance training and/or flexibility.

**Hydrotherapy:**

Gentle exercise group in warm water swimming pool. Effects of immersion include:

* Cardiovascular changes such as *increase in central blood volume and cardiac output*
* Respiratory changes such as *increase breathing effort as a result of increase in intra-thoracic pressure from an increase in hydrostatic pressure.*

Due to these effects and infectious control reasons, the following conditions require screening:

* Heart failure / surgery / angina
* Uncontrolled blood pressure
* Asthma
* Decreased bladder control
* Open wounds and infective skin condition *e.g. tinea, middle ear infection, epilepsy, allergy to chlorine, dermatitis.*

**PAG – Centre-based:**

Planned Activity Group provide opportunities for older adults to socialise and engage in a range of centre-based activities and events, including gentle exercise, Tai Chi and occasional outings. Participants must be able to manage their own day-to-day requirements, for example eating, toileting and personal care.

**“Move and Chat” Activity Group:**

Gentle exercise and social activities within a supportive environment. Participants must be able to mobilise and manage day-to-day requirements independently.

**Strength and Balance:**

Incorporates strength training exercises with weights including knee extension, hip abduction, hip extension, balance exercises and Tai Chi.

**Tai Chi:**

A series of slow and controlled movements or postures run by a trained Tai Chi leader.

**Parkinson’s Support Group:**

Occasional seated exercise and/or light dancing for no longer than 30 minutes

**Dynami Greek Group**

A circuit exercise group using Thera-band, hand weights and leg weights for upper and lower limb strengthening for 60 mins. Involves standing, active warm-up exercises, cool-down tai chi exercises incorporating balance and stretching. Includes bike/pedals, arm bike and step up board.