

Medical Clearance Form

CLIENT DETAILS	
Client Name:	Date of Birth:
Address:	
Phone:	
Emergency Contact:	Phone:

DOCTOR
Doctor's Name:
Address:
Phone:

MEDICAL HISTORY
Past Medical History:
Medications:
Falls History – Number of falls in the past 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		
<input type="checkbox"/> Chair Based Exercise 1	<input type="checkbox"/> Chair Based Exercise 2	<input type="checkbox"/> Strength and Balance
<input type="checkbox"/> Hydrotherapy	<input type="checkbox"/> Planned Activity Group	<input type="checkbox"/> Tai Chi
<input type="checkbox"/> Parkinson's Support Group	<input type="checkbox"/> Dynami Greek Exercise Group	<input type="checkbox"/> GLA:D Program
<input type="checkbox"/> Movement & Strength	<input type="checkbox"/>	
Precautions/Comments:		
Doctors Signature:	Date:	

Medical Clearance Form Continued - 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.