

PART 1: YOUR BACKGROUND AND YOUR HEALTH (cont')

9. Have you had major surgery in the last 10 years?

Yes No

10. Have you had minor surgery in the last 2 years?

Yes No

11. Do you suffer from asthma, diabetes or epilepsy?

Yes No

If **YES**, which? _____

12. Do you suffer from back or neck pain?

Back Neck

Both No

13. Do you have pain or restricted movement in any joints? (e.g. hip, knee, elbow, shoulder)

Yes No

If **YES**, which? _____

14. Have you been diagnosed as hypermobile?

Yes No

15. Have you ever been told that you have a) arthritic joints or b) osteoporosis?

Yes No

If **YES** to a) which kind, or **YES** to b) have you had a bone density scan and if so, what was the result?

Comments: _____

16. Are there any movements that cause you pain?

Yes No

If **YES**, which? _____

17. If you suffer from any bone or joint problems, have you ever been told that they may be made worse by certain movements? (e.g. bending and twisting)

Yes No

If **YES**, which? _____

18. Are you taking any drugs or medication that may affect your ability to exercise?

Yes No

If **YES**, which? _____

19. Have you been referred to Pilates by a specialist practitioner?

Yes No

If **YES**, by your: GP

Physiotherapist Chiropractor

Osteopath Other: _____

20. Do you hereby give permission for us to contact them?

Yes No

If **YES**, please state their name and contact number:

Practitioner's name: _____

Practitioner's telephone: _____

Please list any health problems you suffer, not already mentioned, that may affect your ability to exercise. If you have answered **YES** to any of the questions above, we advise that you consult with your medical practitioner before you start Pilates classes. Please give further relevant details below, in confidence, to any questions answered **YES**.

PART 2: YOUR AIMS

What are your reasons for taking up Pilates?

How did you hear about PurePilates North West?

PART 3: IMPORTANT INFORMATION

Please advise us before commencing any session if, for any reason, your health or ability to exercise changes.

It is not advisable to do Pilates between weeks 8 to 14 of pregnancy, unless by special arrangement with your instructor. It is also wise to wait six weeks after the birth before resuming exercise.

Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting Pilates sessions.

These sessions are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises you should refer back to your medical practitioner. Your instructor can accept no liability for personal injury related to participation in a session if;

- Your doctor has, on health grounds, advised you against such exercise.
- You fail to observe instructions on safety or technique.
- Such injury is caused by the negligence of another participant in the class/studio.

Exercise should be performed at a pace which feels comfortable to you. PAIN is the body's warning system and should NOT BE IGNORED. Please inform your teacher immediately if you feel any discomfort in a session or you have any discomfort after a previous session.

I confirm that I have read and understood the above advice and that the information I have given is correct.

Signed,

Client: _____

Date: _____

Teacher: _____

Date: _____

FOR TEACHER USE ONLY

