Studio72

PRE NATAL PILATES HEALTH SCREENING FORM

NAME		D.O.B.	
ADDRESS		TEL No	
EMAIL		OCCUPATION	
WEEKS PREGNANT		DUE DATE	
GP NAME		GP ADDRESS	

EMERGENCY CONTACT DETAILS:

Name: _____ Relationship:_____ No.:_____

YOUR HEALTH & FITNESS DETAILS:

Have you previously or are you currently experiencing any of the following conditions, please tick the appropriate answer below;

	YES	NO		YES	NO
Back problems			Joint pain		
Anxiety or stress			Surgery in the last 2 years		
Heart problems			Respiratory problems		
High /low blood pressure			On medication		
Pelvic pain or synthesis pubis dysfunction			Medical problems during this pregnancy		
Dizziness or fainting					

Is this your first pregnancy?   YES / NO

Are you suffering from, vaginal bleeding, other complications, any other injury, health or medical condition that may affect your ability to exercise or may be relevant?   YES / NO

Do you have medical clearance to exercise?   YES / NO

Do you have any previous Pilates experience?   YES / NO

CLIENT DECLARATION:

I understand that whilst every care will be taken to give safe instruction, I accept full responsibility and consider myself fit to exercise. I have answered all the questions correctly and all medical and health considerations have been detailed above. I understand that I attend the online Pilates class at my own risk and that the instructor will give demonstrations and verbal cues to safely perform exercises, however it is my responsibility to listen to my body and stop in the exercise does not feel right for me. I will advise my instructor of any relevant changes in my health and fitness

PLEASE READ CAREFULLY:

You may stop at any point if you feel fatigued or discomfort. Please be aware of the following warning signs to stop exercising when pregnant; **vaginal bleeding, shortness of breath, dizziness, chest pain, calf pain or swelling, amniotic fluid leakage.**

Signed: _____ Date: _____

Print name: _____

Pilates is very safe but as with all forms of exercise, it is recommended you consult your doctor before starting Pilates