

All Information will be treated in the strictest confidence

Personal Details		
Name		
Address		
Postcode		
Telephone	Home	Mobile
Email		
Date of Birth		

Background	
Occupation	
Sports / Past-times	
<p>Does your work or daily activities involve any of the following ? (please circle if relevant)</p> <ul style="list-style-type: none"> • Sitting for long periods • Standing • Bending • Driving • Lifting heavy weights 	
<p>Have you practiced Pilates before ? (please circle if relevant)</p> <ul style="list-style-type: none"> • Body Control Pilates classes • Other Pilates classes • DVDs / Books at home 	
<p>Number of classes attended ? (please circle if relevant)</p> <ul style="list-style-type: none"> • Less than 10 • 10-20 • 20-30 • 30-40 • More than 40 	
<p>Where did you hear about South Worcestershire Pilates ? (please circle)</p> <ul style="list-style-type: none"> • Website • Magazine Ad • Poster • Personal recommendation 	

Further questions over page → → →

Important Information	
<p>Pilates exercises are very safe, but, as with all forms of physical exercise, it is prudent to consult your medical practitioner before starting Pilates class.</p> <p>Please advise the teacher before commencing a class if, for any reason, your health or ability to exercise changes.</p> <p>Please inform your teacher immediately if you feel any discomfort during a session.</p> <p>Please also inform the teacher if you felt any discomfort after the previous session.</p> <p>Exercises should be performed at a pace which feels comfortable for you; PAIN is the body's warning system and SHOULD NOT BE IGNORED.</p> <p>These classes are not a substitute for medical counselling or treatment.</p> <p>If you have any doubts about the suitability of the exercise, you should refer back to your medical practitioner.</p> <p>The teacher can accept no liability for personal injury related to participation in a class if :</p> <ul style="list-style-type: none"> • your medical practitioner has, on health grounds, advised you against such exercises • your fail to observe instructions on safety or technique • such injury if caused by the negligence of another participant in the class <p>It is inadvisable to continue practising Pilates between weeks 8-14 of pregnancy, or between weeks 1-16 if you have not done Pilates before. It is also wise to wait at least 6 weeks after the birth before resuming exercise, or at least 3 months after a Caesarian birth.</p>	
<p>I confirm I have read and understood the above and the information I have given is correct.</p>	
Signature	Date

Health

Have you been diagnosed with ? (circle & give details & medications, if relevant)

- Heart condition
- Heart defect

Is your blood pressure (circle & list medications, if relevant)

- Normal
- High
- Low

Do you suffer from ? (circle & list medications, if relevant)

- Asthma
- Diabetes
- Epilepsy

Do you regularly suffer from ? (circle & give details, if relevant)

- Migraines
- Feeling Faint
- Dizziness

Have you been diagnosed with ? (circle & give details, if relevant)

- Osteopenia
- Osteoporosis

Do you suffer from ? (circle & give details, if relevant)

- Back pain
- Neck pain

Have you been diagnosed with ? (circle & give details, if relevant)

- Osteoarthritis
- Rheumatoid Arthritis
- Joint problems

Do you have restricted movement in any joints ? (circle & give details, if relevant)

Yes • No

Are there any movements that cause you pain ? (circle & give details, if relevant)

Yes • No

Have you had any ? (circle & give details, if relevant)

- Surgery
- Major injuries

Are you taking medication which effect your ability to exercise ? (circle & give details, if relevant)

Yes • No

Are you, or could you be pregnant ? (circle & give details, if relevant)

Yes • No

Have you been pregnant in the last 6 months ? (circle & give details, if relevant)

Yes • No

Have you been referred to Pilates by a medical practitioner ? (circle, if relevant)

- GP
- Physiotherapist
- Chiropractor
- Osteopath

Do you hereby give permission for your Pilates Teacher to contact this practitioner ? Yes • No

Practitioners Name

Phone

Please return form to

South Worcestershire Pilates • 17 Clarks Hill Rise • EVESHAM • WR11 2FW