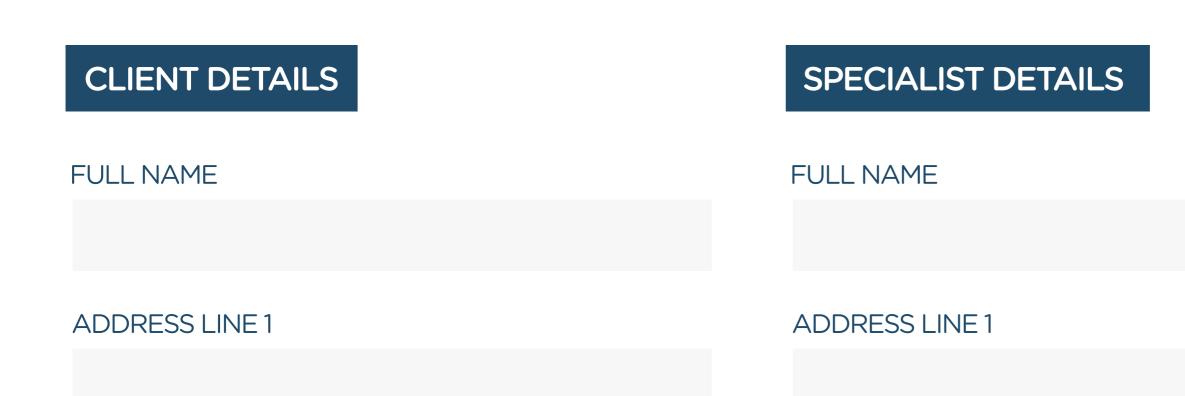


STEPS TO COMPLETE THIS FORM

- FILL UP CLIENT DETAILS SECTION BELOW
- CONSULT YOUR FAMILY DOCTOR OR GENERAL PRACTITIONER AND HAVE THEM
- FILL UP THEIR ASSESSMENT ON SUBSEQUENT PAGES
- BRING THE COMPLETED FORM TO YOUR PRENATAL WORKOUT AND SUBMIT IT TO YOUR TRAINER.



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ABSOLUTE CONTRAINDICATIONS

KINDLY INFORM US BY MARKING THE WHITE BOX IF THE CLIENT HAS THE FOLLOWING ABSOLUTE CONTRAINDICATIONS TO EXERCISE DURING THEIR PREGNANCY.

• RUPTURED MEMBRANES	YES	NO
• PRETERM LABOUR	YES	NO
HIGH BLOOD PRESSURE DISORDERS OF PREGNANCY INCOMPETENT CERVIX	YES	NO
GROWTH RESTRICTED FOETUS	YES	NO
TRIPLETS OR MORE	YES	NO
• PLACENTA PREVIA AFTER 26 WEEKS	YES	NO

PERSISTENT 2ND OR 3RD TRIMESTER BLEEDING	YES	NO
• UNCONTROLLED TYPE 1 DIABETES, THYROID DISEASE	YES	NO
• ANY OTHER SERIOUS CARDIOVASCULAR, RESPIRATORY OR SYSTEMIC DISORDER	YES	NO





RELATIVE CONTRAINDICATIONS

KINDLY INFORM US BY MARKING THE WHITE BOX IF THE CLIENT HAS THE FOLLOWING RELATIVE CONTRAINDICATIONS TO EXERCISE DURING THEIR PREGNANCY.

PREVIOUS MISCARRIAGES PREVIOUS PRETERM BIRTH	YES	NO
• MILD/MODERATE CARDIOVASCULAR DISORDER	YES	NO
• MILD/MODERATE RESPIRATORY DISORDER	YES	NO
• ANEMIA (HB <100G/L)	YES	NO
MALNUTRITION OR EATING DISORDER	YES	NO
• TWIN PREGNANCY > 28 WEEKS	YES	NO
• OTHER SIGNIFICANT MEDICAL CONDITIONS	YES	NO

WARNING SIGN

KINDLY ADVISE THE CLIENT OF THESE WARNING SIGNS THAT EXERCISE SHOULD CEASE IMMEDIATELY.

• VAGINAL BLEEDING

•CHEST PAIN

• DYSPNOEA BEFORE EXERTION

• MUSCLE WEAKNESS

• DIZZINESS

• CALF PAIN OR SWELLING

• HEADACHE

• ONSET OF LABOUR

DECREASED FOETAL MOVEMENT





ADDITIONAL COMMENTS

KINDLY INPUT ADDITIONAL COMMENTS RELATED TO THIS CLIENT'S PREGNANCY & EXERCISE PLAN.

RECOMMENDATION

KINDLY ADVISE THE CLIENT OF THESE WARNING SIGNS THAT EXERCISE SHOULD CEASE IMMEDIATELY.

- HAVING CONSIDERED ALL THE CONTRAINDICATIONS AND WARNING SIGNS ON THIS FORM, KINDLY PROVIDE YOUR RECOMMENDATION ON WHETHER OR NOT THE CLIENT IS FIT TO EXERCISE AT HI PILATES.
- DO YOU RECOMMEND THIS CLIENT TO EXERCISE AT HI PILATES DURING THEIR PREGNANCY?

YES		NO	
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