



**Caradon Physio
& Wellness Centre**
 01752 202 202
 admin@caradonphysio.co.uk
 www.caradonphysio.co.uk

118 Callington Road
 Saltash
 PL12 6EA
 4 Oakland Mews
 Owen Sivell Close
 Liskeard
 PL14 3UX

Caradon Physio & Wellness Centre Clinical Pilates Classes

Title: _____ Name: _____ DOB: _____

Address: _____

Postcode: _____

Tel No. Home: _____ Mobile: _____

Email: _____

GP Name/Address: _____

Emergency Contact details: Name: _____

Contact Number: _____

How did you hear about us?: _____

Have you been referred to Pilates by a Health Professional? Y/N

If Yes

Referred By: _____

Referred For: _____

Health Questionnaire

Question	No	If yes, please give details
Problems with neck or back		
Problems with any other joints		
Any joint replacements? When?		
Osteoporosis? Osteopenia?		
Problems with pelvic floor/bladder?		

Heart or circulatory problems? E.G. blood pressure, DVT		
Any respiratory conditions?		
Are you pregnant? Given birth in last 12 months		
Have you recently had surgery?		
Do you take any regular medication?		
Anything else I should know? (use back of sheet if necessary)		

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

It is inadvisable to do Pilates between weeks 8-14 of pregnancy, unless by special arrangement with your teacher. It is also wise to wait 6 weeks after the birth before resuming exercise.

Pilates exercises are very safe but, as with 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.

The teacher 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.

Exercises should be performed at a pace which feels comfortable for you. PAIN is the body's communication system and should NOT BE IGNORED. Please inform your teacher immediately if you feel any discomfort during the session. Please inform the teacher if you felt any discomfort after a previous session.

I understand that Pilates exercises involve some hands-on corrections and I hereby consent for my teachers to work this way.

Data Protection

At Caradon Physiotherapy Clinic we are committed to ensuring the best standards of practice in all our activities. Visitors to our clinic can be assured that the protection of privacy and confidentiality are given the highest priority. All personal information is collected, held and used in strict compliance with the GDPR 2018.

Please tick the boxes if you are happy to receive emails containing :

- Relevant advice and educational information newsletters
- Promotions, offers and discounts

Please sign below to confirm you have read the above and read our data protection policy and agree to us holding your personal data for medical purposes inline with the HCPC regulations and GDPR. I confirm that I have read and understood the above advice and that the information I have given is correct.

Signature:	Date:
-------------------	--------------