GPR Clinical Pilates

RESTORE REPAIR RENEW

MEDICAL CLEARANCE FORM

Name of Patient: _____ Date of Birth: _____

Clinical Pilates is individualised targeted exercises to help people move better, to improve/increase strength, muscle endurance, mobility, flexibility, balance, confidence, reduction of pain and fear.

Are there any contraindications?

☐ YES

Please specify: _____

_____

_____

_____

_____

Practitioners Name or Stamp

Date: _____

Signature: _____

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