

PILATES IN SEVENOAKS CLIENT QUESTIONNAIRE

The aim of this questionnaire is to gather background information about yourself and your medical history prior to your Pilates assessment. All information will be treated confidentially and stored safely. This should take no longer than 10 minutes to complete.

1. Your details

Name:

Address:

D.O.B:

Height:

Weight:

Email:

Telephone:

Mobile:

2. Your Lifestyle

What is your Occupation?

Does your occupation involve repetitive movements/activities/postures, e.g. Predominantly sitting/standing/desk based /lifting/bending? Please explain.

What sports or hobbies are you involved in? If attending Pilates for a particular sport (e.g. skiing) please give more specific details of frequency and intensity and desired outcomes.

Have you had to discontinue/modify your sports/hobbies? YES NO
If yes – please provide details

3. Your current health

Have you ever had COVID 19? YES NO

In order that we may best help you with your exercise program, are you subsequently experiencing any problems or difficulties that we need to know about?

Have you been vaccinated against COVID-19? YES NO

4. Your present health

Are you currently experiencing any of the following conditions?

If 'yes', please give details alongside

Lower back pain?

Pelvic pain?

Any other spinal condition?

Any other orthopaedic condition?

Heart problems?

High or low blood pressure?

Epilepsy (grand Mal Seizures)?

Neck problems?

Frequent headaches?

Balance difficulties?

Dizziness?

Pins & needles and numbness?

Details of medications:

Anticoagulants?

Steroids?

Are you pregnant, when due?

Baby born in the past year?

Normal birth, caesarean?

Recent injuries or surgery?

Please list any health problems that you suffer with, not already mentioned, that may affect your ability to exercise. Please expand on any of the questions above and give further relevant details below:

Have you ever been diagnosed with or had treatment for :

Asthma

Bronchitis

Osteoarthritis

Cancer

Stroke

Dermatitis

Diabetes

COPD

Depression

Osteoporosis

Please give details below:

5. Purpose of Pilates

Have you ever practiced Pilates before? What style, and for how long?

Have you been referred by a health practitioner/professional? If so, by whom?

Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before attending training sessions or starting classes.

The classes 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.

Pilates in Sevenoaks and the instructor can accept no liability for personal injury related to participation in a class, or private Pilates session if:

- (a) your doctor has, on health grounds, advised you against such exercise
- (b) you fail to observe instructions on safety or technique
- (c) such injury is caused by the negligence of another participant in the class, or private session.

Please advise the instructor before commencing class if for any reason your situation has changed (this includes pregnancy).

I understand that it may be necessary for me to have 1:1 sessions if I have been referred by an Osteopath, physiotherapist or chiropractor, or other medical professional.

Signed:

Date:

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE