



Personal Details

Name : .....
Address : .....
Postcode: .....
Telephone No. : Home : ..... Mobile : .....
Email Address : .....
Date of Birth : .....
Occupation : .....
Sports / Hobbies : .....

All Information will be treated in the strictest confidence

Background and Health

(1) Does your occupation, sports or hobbies involve any of the following ? (Please tick if appropriate)
(2) Have you practised Pilates before ?
(3) Have you been diagnosed with any sort of heart condition or defect ?
(4) Is your blood pressure
(5) Do you often get migraines, feel faint or dizzy ?
(6) Have you been diagnosed with ?
(7) Have you been diagnosed with arthritis or any bone / joint problem ?
(8) Do you suffer from back or neck pain ?
(9) Do you have restricted movement in any joints ?
(10) Are there any movements that cause you pain ?
(11) Have you ever had any surgery or major injuries ?
(12) Do you suffer from asthma, diabetes or epilepsy ?
(13) Are you taking any drugs or medication which may effect your ability to exercise ?
(14) Are you, or could you be pregnant ?
(15) Have you been pregnant in the last 6 months ?



(16) Have you been referred to Pilates by a specialist practitioner ?  
 Yes  No

If **Yes**, by whom :

Physiotherapist  Chiropractor  Osteopath  GP  Other

.....

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

If **Yes**, please state their name and contact number :

Practitioners Name : ..... Phone : .....

If you have answered **Yes** to any of the questions 3-15, please give relevant details :

**What are your reasons for taking up Pilates?.....**

If your teacher was recommended to you by a friend or practitioner please give their name

**Name of friend / practitioner : .....**

**Important Information**

Please advise the teacher before commencing a class or studio session if, for any reason, your health or ability to exercise changes.

It is inadvisable to continue practising Pilates between weeks 5 to 8 of pregnancy, or between weeks 1 to 12 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.

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.

These classes and studio sessions are not a substitute for medical counseling or treatment. If you have any doubts about the suitability of the exercise, you should refer back to your medical practitioner.

The teacher can accept no liability for personal injury related to participation in a class or studio session if :

- your medical practitioner has, on health grounds, advised you against such exercises
- you fail to observe instructions on safety or technique
- such injury is caused by the negligence of another participant in the class

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

I confirm that I have read & understood the above advice and that the information I have given is correct.

**Signed :** ..... **Date :** .....