

Body Control Pilates® Course Enrolment Form

Course Applied For: _____
(Start Date, Level, Day, Time)

How did you hear about The Pilates Studio? (If Physiotherapist or other practitioner was your contact, please state their name/organisation)

Name: _____

Address: _____

_____ Postcode _____

Daytime Tel No: _____

Evening Tel No: _____ E mail: _____

Date of Birth: _____

Occupation: _____

Sports/Hobbies: _____

1. Does your work/sport involve any of the following? Please tick.

Sitting for long periods

Driving

Bending

Standing

Lifting heavy weights

Any other repetitive action

2. Has your doctor ever said you have any sort of heart trouble or defect? Yes / No

3. Have you ever been told that you have arthritic joints or any bone or joint problem that may be made worse by exercise? Yes / No

4. Are you pregnant, or have you had a baby in the last six months? Yes / No

5. Have you had any operations or injuries in the last year? Yes / No

6. Do you suffer from backache? Yes / No

7. Are there any movements that cause you pain eg raising your arms, bending forward or to the side? Yes / No

If you have answered 'yes' to any of the above, please give as much relevant detail as possible.

8. Is your blood pressure High Low Normal

9. Have you ever been given any remedial exercises? If so, please briefly describe them.

10. Have you been referred by a specialist practitioner? Yes / No
If yes, please state their name and contact number.

11. What would you like to achieve from your Pilates sessions?

All information will be treated in the strictest confidence.

Please advise us before commencing a session if for any reason your ability to exercise has changed. It is inadvisable to do Pilates between weeks 8 – 16 of pregnancy. It is also wise to wait six weeks after the birth before resuming exercise.

Pilates exercises are very safe but, as with all forms of exercise, it is prudent to consult your Doctor before starting classes. These 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. 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 studio.

Signed _____ Date _____

For staff use only