



## Client Management- medical guidance

Equipilates Biomechanics Trainers™ always recommend consultation with your medical practitioner prior to embarking on any exercise programme. It is always necessary to make sure you are suited to the type of exercise you propose to undertake. The intrinsic biomechanics programmes are intended to improve the biomechanical function of your body, including your major joints and systems. Improving the biomechanical function of your body has been shown to help reduce your risk of injury and to help improve your performance. We have also noticed that the biomechanics programmes can help with low grade discomfort as a by-product of correcting any biomechanical causes, but they are not intended as a pain reducing programme unless administered by a qualified therapist or doctor.

You must inform your Equipilates Biomechanics Trainer™ if you get any pain or your pain changes (especially if your pain gets worse) during or after training on the recommended exercises. When carrying out the relevant exercises, you must always use the exercise techniques that have been taught to you by your Equipilates Biomechanics Trainer™, and you must understand that you perform all exercises at your own risk.

You should not use the exercises without medical guidance from your medical practitioner if you feel that it may aggravate any medical condition or health problem. Below is a list of conditions that typically would not be suited to exercises unless your Equipilates Biomechanics Trainer™ has additional skills in these areas. The list (taken from Greenlagh and Selfe (2006) Red Flags and Greenlagh and Selfe (2010) Red Flags 2) is not intended to be exhaustive and is not intended to take the place of specific medical guidance from your medical practitioner.

- Post CVA (stroke)
- Pyogenic infections
- Brucellosis
- Tuberculosis
- HIV/AIDS
- Osteoporosis
- Cauda Equina Syndrome
- Trauma
- Bilateral pins and needles
- Vertebrobasilar Insufficiency (VBI)
- Upper or Lower Motor Neuron Lesions
- Tumours
- Infections
- Acute pain
- Pregnancy
- Fractures
- Post operations

If you have, or have had, any of the above conditions, or are concerned that you might have, we strongly recommend that you consult a medical practitioner prior to embarking on the programme.

### FORMAL DECLARATION

I declare that I know of no reason why I should not participate in any form of exercise programme. I take part in any programme or exercises entirely at my own risk.

Signed..... Date.....