

Pre-Aquatic Physiotherapy form:

Aquatic Physiotherapy can be very helpful for many people. To make the most out of your session and to ensure you are safe to enter the pool please fill in the form below and ensure the physiotherapist is shown it before you enter the pool. The information collected below is solely used to determine safety, there will be no advertisement information or any disclosure of information unless specified by yourself. If there is any change to your health you must let the therapist know.

Name:

Date of Birth:

Condition we are treating:

What are you hoping Aquatic Physiotherapy will Achieve:

Safety is our priority, therefore we ask everyone considering Aquatic Physiotherapy to fill in a general health form, sign it and show the Aquatic Physiotherapist before we can let you in the pool.

If you are in any doubt that exercise in water is safe for you then you must check with your GP or Consultant.

If the following are present aquatic therapy is not to be considered:	No	Yes
Are you able to walk up and down stairs (to access the pool)		
Do you have blood clots, recent stroke, or severe Asthma?		
Chlorine allergy (<i>pool chemicals</i>)		
Resting angina (<i>Heart issue that can feel like tightness in the chest</i>)		
Shortness of breath at rest or at night time		
Uncontrolled cardiac failure (<i>weak heart</i>)		
Open infected wounds		
Recent vomiting or diarrhoea (within last 48 hours)		

If you have any of the below conditions you must let the aquatic therapist know before entering the pool, we will need to complete a specific risk assessment for your condition:

<i>If the following are present aquatic therapy may be considered after a risk analysis</i>	No	Yes. Please provide further details
Current illness / high temperature. <i>Consider other pool users if you are infectious, ie you have the flu or a stomach bug.</i>		
Current radiotherapy - Irradiated skin. <i>Be aware that irradiated skin "will always be more sensitive to heat" and "wounds will heal more slowly" (Brooks 1998). Also, be aware that Chlorine can cause a skin irritation.</i>		
Known aneurysm (bulge in blood vessels)		<i>Include Location:</i>
Epilepsy – <i>especially important to know the likelihood of a seizure in the pool and how you would like us to manage you condition if you do have an episode.</i>		
Unstable diabetes - <i>be aware of any drop in blood sugar and ensure you have snacks available on the pool side.</i>		
Needing to use extra Oxygen to help breathing: <i>exercising in water increases oxygen consumption.</i>		

<i>General Precautions:</i>	No	Yes: Please provide further details if applicable.
Contact lenses and conjunctivitis		
Hearing aids / grommets		
Impaired vision / sensation / hearing		
Fear of water		
Incontinence of urine – <i>individuals can be catheterised during a session</i>		
Epilepsy (<i>Controlled</i>).		<i>If yes, bring your medication on pool side</i>
Haemophilia (<i>bleeding easily</i>)		
Hypotension (<i>Low Blood Pressure</i>)		
Behavioural problems!		
Renal failure (<i>Kidney problem</i>)		
Poor skin integrity <i>e.g. recent cuts / surgical wounds</i>		
Pregnancy		

If you have any other medical conditions, please write in the box below:

Please sign:

Date: