



Dronken House, 43a High Street, Kings Langley WD4 8FG

Tel: 07810 118116 Email: info@encore-pilates.co.uk

## HEALTH QUESTIONNAIRE

I have registered my details online via the Encore Pilates website.

### PERSONAL DETAILS

Mr / Mrs / Dr / Ms / Miss / Other \_\_\_\_\_ (please circle)

Last Name: \_\_\_\_\_ First Name/s: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Mobile No: \_\_\_\_\_

Occupation: \_\_\_\_\_

Hobbies/Sports: \_\_\_\_\_

### BACKGROUND & HEALTH

What does your typical day involve physically? \_\_\_\_\_

Have you practised Pilates before? \_\_\_\_\_

Have you ever had any surgery or major injuries? \_\_\_\_\_

Do you suffer from any chronic illnesses or mental health problems, back pain, high or low blood pressure, incontinence (even mild), heart conditions, arthritis, osteoporosis, diabetes, asthma, epilepsy etc? \_\_\_\_\_

*(BACKGROUND & HEALTH CONTINUED)*

Are there any movements that cause you pain? \_\_\_\_\_

Do you regularly take pain medication? If so how often? \_\_\_\_\_

Are you pregnant? If so, how far on? \_\_\_\_\_

Is this your first pregnancy? \_\_\_\_\_

If not, how many children do you have and what are their ages? \_\_\_\_\_

Have you undergone a Caesarean section in the past 6 months? \_\_\_\_\_

Anything else you think we should know? \_\_\_\_\_

What are your reasons for taking up Pilates? \_\_\_\_\_

Was Pilates recommended to you by a medical practitioner such as a GP, consultant, physiotherapist or osteopath?

If so, please provide their name and practice: \_\_\_\_\_

How did you first hear or find out about Encore Pilates? (please circle)

Friend or family member / Medical Practitioner / Facebook / Instagram / TikTok / Magazine article or advert / Internet search engine e.g. Google / When passing the studio / Other \_\_\_\_\_

**YOUR DECLARATION TO ENCORE PILATES.**

Please read carefully and, once fully understood, sign below. Thank you.

- You must inform your instructor before commencing a class or session if, for any reason, your health or ability to exercise changes from the information you gave on this form.
- It is not advisable to begin a new exercise class in the first trimester of pregnancy. However our specialist Pregnancy Pilates class is suitable for any woman after their 12 week scan. It is wise to wait at least 4-6 weeks after the birth before resuming exercise.
- If you are, or have been, injured, ill or pregnant you must be signed off or have been given the 'all clear' by your GP, consultant or physiotherapist before starting regular Pilates classes.
- Our classes and private lessons are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercise, you should refer back to your medical practitioner.
- 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 instructor immediately if you feel any pain or unexpected discomfort during a session. Please also inform the instructor if you felt any discomfort after the previous session. However please bear in mind that exercising the body does cause *some* discomfort to the muscles as they learn to take new shape –this should be expected and can come on immediately after a session or up to a day or two later.

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

Signed:

Date: