

Get Up & Go!
Medical Clearance Form

Dear Doctor _____,

Your patient _____ wishes to participate in BC Women's Hospital & Health Centre's Osteofit- **Get Up and Go!** exercise program, a joint venture with Fraser Health Authority's Fall Prevention Initiative. This program will include interactive discussions on topics pertaining to lifestyle management of osteoporosis, agility activities, balance exercises, strengthening exercises, and stretches, all designed for those at risk for falls and to be safe for those with osteoporosis.

After completing a readiness questionnaire and discussing their medical condition(s) we agreed to seek your advice in setting limitations to their program. By completing this form, you are not assuming any responsibility for our exercise and assessment program. Please identify any recommendations or restrictions for your patient's fitness program below (Physician's Recommendations).

Patient's Consent and Authorization

I consent to and authorize Dr. _____ to release to
(Facility) _____, health information concerning
my ability to participate in an exercise program.

Member's signature _____ Date _____

Trainer's signature _____

Physician's Recommendations

- I am not aware of any contraindications toward participation in the **Get Up and Go!** program.
- I believe the applicant can participate, but urge caution because: _____

- The applicant should not engage in the following activities: _____

- I recommend the applicant not participate in the above exercise program.

Physician's signature _____ Date _____

Physician's name (print) _____ Phone/Fax _____