Rock Steady Boxing Virginia Beach, LLC/Empowerment! Wellness

Medical Clearance Form for Exercise

To be completed by Primary Care Physician or Neurologist

Patient Name: _____ Date: _____

Date of Birth: _____/_____/_____ Height: _____ Weight:_____ Resting Pulse:_____ Blood Pressure:____/_____

Diagnosis:

Cancer — Type: _____

Multiple Sclerosis

Parkinson's Disease — Symptoms: _____

Stroke — Hemiparesis: _____ Aphasia: _____

Other: (Explain disability and cause)

_____

Date of Onset or Diagnoses:

Dates of hospitalization in past two years with admitting diagnoses:

Medications (please attach if appropriate) _____

Allergies: _____

Please indicate if applicable:

Seizures:	YES	NO	How many in the last 12 months:		Date of most recent seizure
Diabetes	YES	NO	Use Insulin:	YES	NO
Heart Disease	YES	NO	High Blood pressure:	YES	NO
Asthma:	YES	NO	Heart related problems:	YES	NO

Other:

Comments/Restrictions: _____

_____

Physician Name: (Print) _____

Email address: _____ Nurse: _____

APPROVAL FOR PARTICIPATION: YES NO

Physician's Signature: _____ **Phone:** _____

Mail/Fax/Email completed form to:

Empowerment! Wellness
4402 Princess Anne Road, Suite 105
Virginia Beach, VA 23462

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