

Name:

Date:

PRE-EXERCISE SCREENING FORM

Date:

Booking taken by:

Session type: Studio / Reformer / Matwork (circle one)

Name:

Contact Number:

Email:

Gender: Female / Male / Other - please specify (circle one) ;

Occupation:

Current injuries:

Previous Injuries:

Restrictions:

Conditions:

Do they have any children?

Have they ever done Pilates before – where?

Current Exercise:

Find a day and time for Initial Consultation:

To obtain referral before commencing Pilates?

How did the client find out about us – were they recommended or referred by someone?

Any other relevant details:

In pre-screening advise client:

- Of the reason for conducting pre-screening.
- To arrive 15 minutes before their session to fill out an initial consultation questionnaire.
- To wear loose comfortable clothing, with clean socks, and to be aware that it is helpful for us to be able to see what is going with their body.
- If going away for an extended period, may be best to book in when they return, as best results achieved if followed up sooner rather than later.

Name:

Date:

INDUCTION

Teach the following exercises to your client. Please only teach a maximum of 3 repetitions of each exercise and mark off each as completed.

- | | |
|--|--|
| <input type="checkbox"/> Breathing and Printing | <input type="checkbox"/> Spine Twist Supine |
| <input type="checkbox"/> Imprinting | <input type="checkbox"/> Hula (1 or 2 - depending on client's ability) |
| <input type="checkbox"/> Pelvic Curl | <input type="checkbox"/> Side Leg Lift |
| <input type="checkbox"/> Chest Lift (1 or 2 - depending on client's ability) | <input type="checkbox"/> Basic Back Extension |
| <input type="checkbox"/> Leg Lifts (single or double) | <input type="checkbox"/> Quadruped Stabilisation |

Record your observations of your client and how they performed the exercises in the below table. Think about and note those areas where you felt they struggled and need more work as well as any imbalances you identified.

INDUCTION SUMMARY
General information and goals discussed:
Execution of Fundamentals Repertoire:
Other observations/comments:

