# Medical Clearance

# For

# Participation in Dynamic Balance for Life Program

I confirm that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has no acute/significant medical issues that would prevent them from taking part in an exercise program that aims to improve balance and teach judo-based skills to fall safely.

*The participants take part in a 12 week program, for 60 minutes per week in an ~ 4:1 supervised environment, on soft judo mats. The coaches are accredited judo coaches at the Adelaide University Judo Club with many years of experience working with people of all ages. The participants will be practising a series of movements and low intensity exercises to strengthen core, maintain balance and learn to lower themselves to the ground in the event that they lose balance. The program is endorsed by Judo Australia.*

*Older adults should not participate in the program if they have been advised against exercise by a physician, have congestive heart failure, uncontrolled high blood pressure, severe osteoporosis, atlantoaxial instability or any other major disability or medical problem which could be affected by exercise.*

1. The client has presented with low level of health risk factors or managed conditions:

Details of conditions/current medication:

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2. Recommendations and goals:

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2. Restrictions (if any):

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**Medical Practitioner Name** ..................................................................................................................................

**Organisation/Facility**.............................................................................................................................................

**Phone Number:**................................................Email:...........................................................................................

**Signature:**.................................................................................................Date:....................................................