

## HEALTH DECLARATION FORM

Complete in block capitals, **sign** and RETURN ALONG WITH YOUR BOOKING FORM to:

HILARY AUSTIN, 4 THE ORANGERY, ACADEMY DRIVE, CORSHAM, WILTSHIRE. SN13 0SF, U.K.

**PLEASE TICK ◊ ANY OF THESE CONTRAINDICATIONS WHICH APPLY TO YOU.**

<b>ABSOLUTE</b> (Watsu training <b><i>is not</i></b> suitable)	<b>RELATIVE</b> (Watsu training <b><i>may not</i></b> be suitable)	<b>RANGE-OF-MOTION</b> (Precautions needed) Watsu training <b><i>may not</i></b> be suitable
Uncontrolled epilepsy	Skin infections with drainage	Hip replacement
Fever over 100°F / 37.7°C	Small open wounds ( can be covered with tegrederm)	Recent or previous spinal surgery
Cardiac failure	Uncontrolled blood pressure. Moderate/High BP can be ok - but maybe not low. Ask doctor.	Acute ligamentous instability
Significant open wounds	Unstable angina, cardiac arrhythmias or additional cardiac considerations. Ask Doctor.	Recent bone fracture (should have been declared healed by medical profession)
Respiratory disease of vital capacity less than 1500cm <sup>2</sup>	Intravenous lines, heplocks, hichman line, external collection devices. Ask Doctor.	Arthritic cervical spine (care with neck position required, especially hyperextension)
Severe urinary tract infection	Cerebral hemorrhage - should wait at least 3 weeks after bleeding has ceased. Ask Doctor.	Pain with spinal or peripheral range of motion - can be treated with modified Watsu technique if client gives constant feedback.
Blood infection	Multiple sclerosis - may not tolerate warm water well (depends on client)	Back/neck pain
Tracheostomy	Chlorine sensitivity	Bulged/herniated disc
Bowel incontinence	Absence of cough reflex (would need to be monitored closely)	Fibromyalgia
Menstruation without internal protection	Dizziness, vertigo (may need to keep eyes open or give feedback)	Frequent ear infections - may require ear plugs or medication
Infectious disease	Behaviour problems - inappropriate physical, verbal or sexual behaviour	Facet irritation
Serious ear infection/problem	To the best of my knowledge: none of the above	Spondylolethesis
To the best of my knowledge: none of the above		Arthritis (avoid extreme positions of spine)
		Sensitivity to water in ears ('bioear' or other swimming ear plugs may help)
		To the best of my knowledge: none of the above

Other issues you feel I should be aware of: [continue overleaf if necessary]: \_\_\_\_\_

**NAME:**

**DATE:**

**SIGNED:**