

NEW PATIENT FORM

Exercise Physiology

Please read and complete this form carefully. The information will be kept confidential.

PERSONAL DETAILS

Name _____ Date of Birth _____ Sex M F

Address _____ Email _____

Postcode _____ Occupation & Employer _____

Phone M _____ GP's Name/Clinic _____

W _____ Emergency Contact _____

H _____ Emergency Contact Phone _____

How did you hear of us? _____

- Friend/Family (name) _____ Google/Search engine Facebook
- Doctor Referral (name) _____ Bicycle Other (details) _____

HEALTH HISTORY

What are your goals (or 2 main reasons) for today's consultation? _____

List any injuries, accidents, operations _____

List any medications or supplements you are currently taking _____

Please mark below any conditions that apply (and if necessary, briefly explain)

- High/Low Blood Pressure Heart attack/Chest Pain Headache/Migraine Stroke
- Asthma/Breathing difficulties Dizziness/Fainting Arthritis Cancer
- Allergies/Food intolerance Osteoporosis/Osteopenia Pregnant Other

Other details _____

Family history of any of the above _____

Do you see any other health professionals? Personal Trainer Massage Pilates Yoga

If yes, please provide details* Name _____

Other professional _____

Email _____

Phone _____

*This information enables your practitioner to communicate with other health professionals to help improve your outcomes.



TERMS AND CONDITIONS AND INFORMED CONSENT FOR EXERCISE PHYSIOLOGY TREATMENT

When performed by a qualified exercise physiologist, treatment of the musculoskeletal system through the use of massage, stretching and other soft tissue techniques is an effective and safe method of treatment for many conditions. There are, however, risks associated with any treatment that we are required to inform you of, although there has never been a case in this clinic.

Please read the following carefully and discuss any questions you may have with your treating practitioner. If you agree, please fill out the name of your exercise physiologist, sign and return this form to them.

I request and consent to the performance of exercise physiology and associated soft tissue techniques by the practitioner listed below.

I confirm that I will have the opportunity to discuss with the practitioner the nature and purpose of exercise physiology and other soft tissue techniques. I understand that results are not guaranteed.

I understand, and acknowledge that in the practice of exercise physiology, as in all medicine, there are some very slight risks to treatment including, but not limited to, muscle & joint soreness. I do not expect the exercise physiologist named below to be able to anticipate and explain all of the risks and possible complications. I wish to rely on them exercising their judgment during the course of my treatment in the manner that is in my best interests, based on the facts then known.

I consent to photo and video recording where deemed appropriate by the therapist for biomechanical assessment.

I have read the above, and confirm that I will have the opportunity to ask questions about its content. I intend this consent form to cover the entire course of treatment for my present condition, and for any other future condition(s).

I understand that I can withdraw my consent at any time in writing.

Future appointments at this clinic may be required to be **block booked** to ensure the optimal outcome for your condition, illness or injury.

I consent to receiving appointment reminders (by SMS and email) and other information from time to time regarding the services of Melbourne Osteopathy Sports Injury Centre and that I can opt out of these notifications if requested.

This clinic has a **24 hour cancellation policy** that applies to all appointments. Failure to provide 24 hours notice when changing or cancelling appointment times and missed appointments will result in being charged the full appointment fee. It is expected that you will pay for each appointment at the end of your session.

If you are happy with your consult we would appreciate it if you could **refer friends and family** to our centre.

At the end of your first treatment we request that you complete a **patient feedback form**.

Exercise Physiologist's Name _____

Patient's Name _____ **Patient's Signature** _____

Date: _____