

Medical Clearance and Physician's Consent

My patient, _____, has advised me that she/he intends to participate in an exercise program that includes, but will not be limited to, stretching, cardiovascular activity, as well as resistance training.

Please be advised that my patient, _____, should be subject to the following restrictions in a fitness assessment and/or in her/his exercise program:

In addition, under no circumstances should she/he do the following:

I have discussed the foregoing restrictions and limitations with my patient, _____, and with these specific restrictions, she/he has my permission to pursue an exercise program.