



Government of **Western Australia**
 Department of **Health**
 WOMEN AND NEWBORN HEALTH SERVICE

PHYSIOTHERAPY DEPARTMENT
Lower Ground Floor, B Block, KEMH
Phone: 6458 2790

Pregnancy Aquarobics Participation Form

Wednesday's – 4.00pm – 5.00pm

Join us in the pool at Lords Recreation Centre for some fun and fitness from your 14th week of pregnancy. The physiotherapist will guide you with safe exercises to improve your strength, flexibility and muscle tone. Cost: \$6.60 for pool entry. Take the completed form (below) to your first fitness class.

CONTRA-INDICATIONS TO EXERCISE IN PREGNANCY

- Serious cardio-vascular, respiratory, renal or thyroid disease
- Poorly controlled Type 1 Diabetes
- Risk of, or current, premature labour
- Cervical incompetence
- History or risk of IUGR or premature labour
- Placenta praevia (after 26 weeks)
- Sudden swelling of ankles, hands or face
- Acute infectious disease
- Severe rhesus isoimmunisation

DOCTOR/MIDWIFE TO COMPLETE THIS SECTION

Patient's Name.....

E.D.D..... Parity.....

Blood Pressure.....

Relevant Obstetric Medical History: Yes/No

If Yes – please comment:

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I consent to my patient attending this class.

Doctor/Midwife's Name.....

Doctor/Midwife's Signature.....

Patient's Signature.....

Date.....

No participation to Aquarobics without completed form