



The Sports Physio Clinic

Narrabeen West Pymble

patient health questionnaire

Initial assessment date:

Referred by:

Medications:

Physiotherapist:

patient sticker

have you/do suffer from the following:	✓yes	✓no	details
respiratory condition: e.g. asthma, bronchitis			do you have a ventolin?
heart attack			
diabetes			
stroke			
high or low blood pressure			is it well controlled?
inflammatory condition e.g. rheumatoid arthritis			
epilepsy, seizures or fainting			
pregnancy			

do you currently suffer from:	✓yes	✓no	details
gastro-intestinal illness (eg. vomiting, diarrhoea)?			
a raised temperature?			
an ear infection?			
urinary tract infection?			
contagious condition? e.g. measles, conjunctivitis			
respiratory infection or flu?			
continence issues? (control of bladder & bowel)			
an infected or open wound?			
thrush?			
Skin conditions? (tinea, plantar warts, impetigo)			

Open skin wounds and ulcers.

Please note that 'Band-aids' are not suitable for covering open wounds in the pool. Any wound should be covered completely with a waterproof dressing - 'Opsite' - available from chemists

General information + consent

How will I feel after a session?	<i>It is normal to feel tired after a session - you may need to plan a sleep or to rest afterwards.</i>
What should I bring?	<i>a plastic drink bottle + towel + any skin dressings required</i>
What should I do after hydro?	<i>You are encouraged to sit for 10 min after the session and drink to re-hydrate.</i>
What should I do if I am in pain?	<i>If you have pain during the session, please tell the physio immediately. If after the session or the next day, please contact physio on 9981 4099 and speak to your physio.</i>
Cancellations	<i>12 hrs notice is required for cancellations. A session fee is charged for non-attendance.</i>
Contact with the therapist	<i>The physio may feel it is necessary to assist you with an exercise. Please inform the physio if this makes you feel uncomfortable in any way, or if this causes you unexpected discomfort or pain. The therapist will explain their actions at all times.</i>
Safety & water confidence	<i>If you are not confident in the water or feel unsafe at any time - please notify the physio immediately.</i>

I have read and understood the above information & provided all relevant details to the physiotherapist.

Signed:

Print name:

Date: