Physician Medical Release Form
TO BE COMPLETED BY YOUR PRIMARY CARE PROVIDER

Date: _____/_____/_____

Doctor's Name:_____

Your patient, _____, DOB _____/_____/_____wishes to participate in the Rock Steady Boxing (NON-CONTACT) exercise program for people with Parkinson's disease. Our goal is to help your patient have a better quality of life through fitness and socialization. The activities may involve cardiovascular training (jumping rope, walking/running, punching heavy bags), flexibility instruction (stretching, getting up and down on the floor), resistance training and core strengthening techniques. Safety and modifications for various levels of fitness and disease progression are considered. Participants can attend up to four classes per week that are sixty and/or ninety minutes in duration. Participants can reach up to 90 percent of their maximum heart rate. **During the current pandemic; classes will be limited to 8 participants in the gym with strict social distancing guidelines per the CDC recommendations, no shared equipment, coaches and cornermen required to wear masks and frequent cleaning and disinfecting of all facilities.**

PHYSICIAN'S RECOMMENDATION DURING COVID 19

_____**Mask** or _____**NO Mask** (during cardio exercise program)

PHYSICIAN'S RECOMMENDATION

☐ I am not aware of any restrictions to participate in this exercise program.

☐ I believe the patient can participate but would urge caution (*please explain*): _____

_____

☐ Patient should not engage in the following activities: _____

_____

If your patient is taking medications that will affect their heart rate response to exercise, please indicate the manner of the effect (raises, lowers or has no effect on heart rate response during exercise:

Type of medication _____ Effect _____
Type of medication _____ Effect _____
Type of medication _____ Effect _____

PHYSICIAN COMPLETES

_____ **(patient's name) has my approval to begin the Rock Steady Boxing exercise program with the recommendations or restrictions stated above.**

Printed name _____ **Phone**_____

Signature _____

RETURN via Fax or Email To:
In This Corner Inc/Rock Steady Boxing NSB and Ormond Beach
Fax: 386-478-7562 ● Email: rocksteadynsb@gmail.com