



## Medical Clearance Form

**Date:**

**Physicians' Name:**

**Client's Name:**

**Physician's Phone:**

**Client's Phone:**

**Physician's Fax:**

**Client's DOB:**

Dear Doctor \_\_\_\_\_,

Your patient \_\_\_\_\_ has requested to participate in **LIVESTRONG** at the YMCA: A Cancer Survivor Exercise Program at the \_\_\_\_\_ YMCA. At the start of this program your client will participate in a fitness assessment, including the 6 minute walk test, one repetition max test for upper and lower body, and balance and flexibility test.

Following the fitness assessment, your patient will partake in cardiorespiratory fitness, muscular strength and endurance, and flexibility and balance activities. A specific, individualized exercise program will be created for the participant based on the needs, interests and any recommendations you might have. The **LIVESTRONG** program is designed to start easy and become progressively more difficult over a 12 week period. All fitness assessments and exercise activities will be administered by qualified personnel trained in conducting exercise test and exercise programs.

Based on the **LIVESTRONG** at the YMCA intake form, your patient has indicated a diagnosed medical condition, coronary risk factor, lymphedema, and/or health condition that require a physician's clearance prior to participation in the **LIVESTRONG** at the YMCA program.

By completing the form below, you are not assuming any responsibility for our administration of the fitness assessment or exercise program. If you know of any medical or other reasons why participation in the **LIVESTRONG** at the YMCA program would be unwise for your patient, please indicate so on this form.

If you have any questions regarding the **LIVESTRONG** at the YMCA program, please call the Healthy Living Director: Tricia Jefferson, RD, LDN Phone 302-571-6998 Fax 302-397-2515 Email: [tjefferson@ymcade.org](mailto:tjefferson@ymcade.org) Website: [www.ymcade.org/livestrong](http://www.ymcade.org/livestrong)

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### Physicians Report

My patient, listed above, is:

- Not cleared to exercise at this time  
 Cleared to exercise with no restrictions  
 Cleared to exercise, but must wear a lymphedema sleeve  
 Cleared to exercise with the addition restrictions and/or recommendations
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Physicians Name: \_\_\_\_\_

Physicians Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Participants, please return this form at your Pre-Assessment Appointment.**