

MEDICAL WAIVER
(To be completed by physician)

This form must be submitted from the physician's office by fax or email. Date of applicant's last examination is not to exceed 30 days from his/her initial evaluation at NextStep.

Client/Participant's Name _____

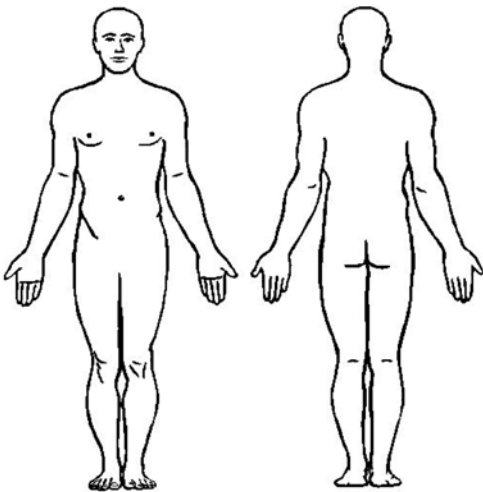
Date participant was last examined _____

Diagnosis (list all) _____

List impairments Cognitive + Physical (ex; Hemiparesis, etc.) _____

Sex ___ Height ___ Weight ___ Pulse ___ Blood Pressure _____

Physical Exam ___ Normal ___ Abnormal Explanation of Abnormalities _____



Pressure Sore:

None _____

Stage 1 _____

Stage 2 _____

Stage 3 _____

Stage 4 _____

Other Stage _____

Recent Bone Density Study: Results (T-Z Score, Brief Summary, Date) _____

Specify any particular issues/area of concern – to include (Head/Neck, Eyes/Vision, Ears/Hearing, Heart/Lung, G.U., C.N.S., Skin, Orthopedic Exam, ROM Loss/Contractures, Joint Laxity/Instability, Other, etc.)

Medical Waiver (page 2)
(To be completed by Physician)

List Surgeries and Dates _____

Dates of hospitalization in the past two years with admitting diagnosis _____

Significant ABNORMAL tests (EKG, X-Ray, Lab) _____

By checking below, you authorize client to participate in the following programs offered at NextStep Fitness:

_____ Rigorous Physical Exercise
_____ UE Program
_____ LE Program
_____ Trunk
_____ Circuit Training
_____ Whole Body Vibration

_____ Loading/Weight Bearing Activities
_____ Balance
_____ Functional Electrical Stimulation*
_____ Neuromuscular Electrical Stimulation*
_____ Locomotor Training*
_____ Other:

Comments/Restrictions:

Physician's Name (please print) _____

Phone _____ Fax _____ Email _____

Address _____

City _____ State _____ Zip _____

Physician's Signature _____ Date _____

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Mail original forms to:

NextStep Fitness, Inc.
Attention: Joel Wenger
4447 Redondo Beach Boulevard
Lawndale, CA 90260

Tel: 310-546-5666
Fax: 310-542-8868
Email: joelw@nextstepfitness.org

FES Bicycle - The Functional Electrical Stimulation (FES) Bicycle utilizes low voltage electrical stimulation administered via electrode pads placed over specific muscle groups and sequenced through a microprocessor to fire the targeted muscle groups in the proper sequence to facilitate coordinated movements. The most common area is the quadriceps, hamstrings and gluteals to facilitate pedaling while in a seated position. The RT 300 FES also allows stimulation of trunk (abs and back extensors) and, with additional equipment, the upper extremities.

Absolute contraindications: cardiac demand pacemakers, unhealed fractures, pregnancy.

Relative contraindications: denervated muscles to be stimulated, severe spasticity, limited range of motion, severe osteoporosis, dysaesthetic pain syndrome, pressure sores or open wounds in areas to be stimulated, implanted hardware less than 3 months old.



Neuromuscular electrical stimulation (NMES), an activity-based therapy, provides high frequency, wide pulse width, task specific stimulation to generate a motor output while increasing the central state of excitability in the spinal cord. Neuromuscular electrical stimulation is provided via the Restorative Therapies Incorporated Sage unit with the use of 12 lead wires to 12 different muscle groups based on the targeted item from the Neuromuscular Recovery Scale. Tasks are performed with and without stimulation to transfer the improved neuromuscular capacity into the home and community environment.

Locomotor Training (LT) - Locomotor training utilizes a specialized un-weighting harness system positioned over an elevated treadmill. Two therapists/technicians are positioned in special seating next to each leg and a third stands behind the harnessed person to stabilize the hips.

The principle of locomotor training is to assist the stepping process by providing appropriate sensory cues to the flexor and extensor surfaces of the lower leg during locomotion. Partial weight bearing (and un-weighting) allows for freedom of movement and input through the feet. Neural retraining occurs as the nervous system re-learns motor patterns associated with walking. Repetitive episodes increase overall fitness.

Precautions/Considerations: Since partial weight bearing is involved with LT, individuals at risk for osteoporosis may require bone density evaluation and gradual weight bearing intervention prior to participating in LT. Previous unstable joints (hip, knee, ankle) or joints with underlying conditions predisposing to injury may be problematic and may require evaluation. Individuals experiencing significant orthostatic hypotension may not be appropriate candidates.

