

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 _____

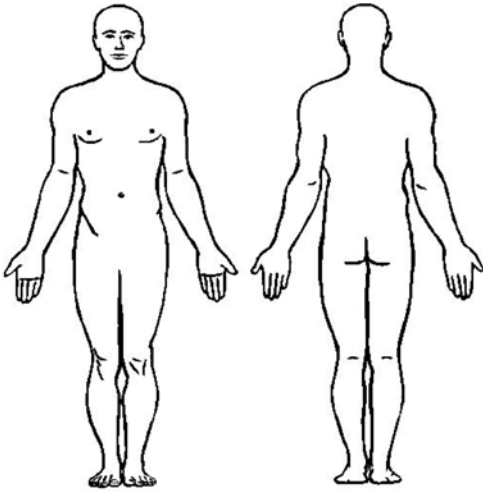
Date participant was last examined _____

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	_____ Other:
_____ Whole Body Vibration	_____
_____ Loading/Weight Bearing Activities	_____
_____ Functional Electrical Stimulation*	_____
_____ Neuromuscular Electrical Stimulation*	_____
_____ Locomotor Training*	_____

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

Cell:310-363-1859

Fax:424-400-5644

Email: joelw@nextstepfitness.org

Restorative Therapies Inc FES Cycle - Functional electrical stimulation (FES) applies small electrical pulses to paralyzed muscles to restore or improve their function. (FES) is used to stimulate peripheral nerves, the "lower motor neurons" that connect the spinal cord to your muscles. FES can be utilized for muscle re-education, functional substitution, spasticity management or general health and wellness benefits.

NextStep's FES bikes are specially designed ergonomic bicycles which a person can use from their wheelchair, using electrical stimulation through electrodes to cycle with and without motor support. These bikes can be used for either arm cycling or leg cycling. The benefits of FES cycling are numerous—from aerobic conditioning to increased circulation, spasticity management and muscle flexibility.

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 at doctors request, 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.

