

Exercises for Managing Low Back Pain - Personal Training Programme

Client:

PT: Ben Crayston

Your physical activity readiness questionnaire (PAR-Q) for Exercises for Managing Low Back Pain (a questionnaire for people aged 15 - 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now and have low back pain, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: circle YES or NO.

First we must check you don't have any serious spinal pathology - red flags.

Less than 1 in 100 people with low back pain have symptoms that need urgent medical attention. These are known as red flag symptoms.

If you have any of these signs or symptoms, it is **imperative that you tell your GP or another medical professional straight away**:

- You cannot have a pee (pass urine).
- You have numbness around your genitals or bottom.
- You have lost feeling in both of your legs, or you have pins and needles or numbness in both legs.
- You have a history of cancer.
- You have lost a lot of weight, with no explanation.
- You have a high temperature (fever) or feel unwell.
- You have had a low back pain trauma, or injury, in the past.

Once you have checked you don't have any red flags and **don't need urgent medical attention**, please complete physical activity readiness questions below:

1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?	YES	NO
2. Do you feel pain in your chest when you do physical activity?	YES	NO

Exercises for Managing Low Back Pain - Personal Training Programme

Client:

PT: Ben Crayston

3. In the past month, have you had chest pain when you were not doing physical activity?	YES	NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
5. Do you have any other bone or joint problem (for example knee or hip) that could be made worse by a change in your physical activity?	YES	NO
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	YES	NO
7. Do you know of any other reason why you should not do physical activity?	YES	NO

If you answered **YES** to one or more questions:

Talk with your doctor by phone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice find out which community programmes are safe and helpful for you

If you answered **NO** to all questions:

If you answered **NO** honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active

DELAY BECOMING MUCH MORE ACTIVE:

If you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or if you are or may be pregnant - talk to your doctor before you start becoming more active

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

NO CHANGES PERMITTED. YOU ARE ENCOURAGED TO PHOTOCOPY THE PAR-Q BUT ONLY IF YOU USE THE ENTIRE FORM.

Exercises for Managing Low Back Pain - Personal Training Programme

Client:

PT: Ben Crayston

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity programme or a fitness appraisal, this section may be used for legal or administrative purposes.

“I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.”

Name

Signature

Date

Signature of parent
or guardian
(for participants under the age of majority)

Witness

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.