



www.bonebuildersri.com

### MEDICAL CLEARANCE STATEMENT FOR EXERCISE

Patient Name \_\_\_\_\_

Address (Street, City, State, ZIP) \_\_\_\_\_

Phone \_\_\_\_\_

Your patient would like to participate in an on-going osteoporosis prevention exercise program but has failed our prerequisite PAR-Q. The **BONE BUILDERS OF RI** Program is based on a program originally developed at Tufts University. Research reports published in the New England Journal of Medicine and JAMA Demonstrate conclusively that weight training and balance exercises give participants the strength and stability to significantly reduce incidents of falling and fracturing bones. The program has even been shown to be effective for participants in their 80s and 90s. Our exercise program consists of predominantly-seated physical movement, balancing exercise and exercises using free weights. Your Patient needs your medical clearance in order to participate in our classes. Please let us know if any of the exercises mentioned would present a problem for your patient. If you would like to know more about the classes we hold in various locations, please be sure to contact us, we would really appreciate your future referrals. You can contact us by phone at (401) 949-1333 or by email at [admin@bonebuildersri.com](mailto:admin@bonebuildersri.com) for any further needed clarification. **You are welcome to fax this back to us at 401-949-1493.**

\_\_\_\_\_ **YES!** - My patient has no current medical problems to prevent participation in the **BONEBUILDERS OF RI** Program. I approve and support their participation in this progressive weight and balance training program.

\_\_\_\_\_ **NO** - My patient is not eligible to participate in the **BONE BUILDERS OF RI** Program due to their current medical status.

Physician's Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

If you would like more information on the program, please visit <http://bonebuildersri.com>

Check here if you would be willing to display our Brochures for this donation based class in your facility. Thank you, we really appreciate your support!