REFERRAL SCRIPT
Structured Exercise Post-Stroke (STEPS)

The STEPS program is a structured and individualized aerobic and resistance-training program offered at the University of Waterloo’s CCCARE facility. STEPS is supervised by Certified Exercise Physiologists and/or Registered Kinesiologists but is not medically supervised. We monitor blood pressure, heart rate, and perceived exertion each session. Please only refer clients who can safely ambulate a distance of 10 m with or without a gait aid and self-transfer.

CLIENT INFORMATION
Client Name: ________________________ Phone: ________________________
Client Email: ________________________ DOB: ________________________

Stroke Type:  □ Ischemic □ TIA □ Hemorrhagic □ Other (specify):
Date of Stroke:

Other cardiovascular or medical conditions:
□ MI Date: ______________
□ Atrial fib (controlled rate)
□ Hypertension (controlled)
□ Other (specify):

PHYSICAL ACTIVITY REFERRAL (check one)
☐ progressive physical activity with avoidance of: ________________________
☐ progressive physical activity with inclusion of: ________________________
☐ unrestricted physical activity (start slowly and build up gradually)

HEALTH CARE CONTACT
Physician name: ________________________ Physician Signature: ________________________
Phone: ________________________ Email: ________________________

Fax completed Referral Script to CCCARE: 519-888-4033
To expedite referral process, please also attach a list of current medications.

Please tell client to call or email for an appointment once Fax has been sent:
CCCARE, University of Waterloo, 340 Hagey Blvd, Waterloo, ON.
Phone: 519-888-4567 Ext. 38058 or Email: fitness@uwaterloo.ca