

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:	<input type="checkbox"/> Ischemic <input type="checkbox"/> TIA <input type="checkbox"/> Hemorrhagic <input type="checkbox"/> Other (specify): _____
Date of Stroke:	_____
Other cardiovascular or medical conditions:	<input type="checkbox"/> MI Date: _____ <input type="checkbox"/> Atrial fib (controlled rate) <input type="checkbox"/> Hypertension (controlled) <input type="checkbox"/> 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

