

THE PHYSIO CLINIC[®]

Movement Health Performance

Exercise and advice sheet disclaimer

The Physio Clinic Bristol Ltd and its therapists will from time to time direct clients to specific exercises, exercise programs, advice sheets and other information relevant to their condition or needs. You should at all times use your own judgement with regards to following any exercise, program or advice sheet. Where necessary seek additional confirmation from your therapist prior to starting any exercise or advice.

You should understand that participating in any exercise or exercise program there is the possibility of physical harm or injury. If you engage in any exercise program or follow any advice on written advice sheets, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge The Physio Clinic LTD from any and all claims or causes of action, known or unknown, arising out of The Physio Clinic Bristol LTD negligence.

- You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity.
- This program is designed for healthy individuals 18 years and older only.
- All forms of exercise pose some inherent risks.
- The Physio Clinic Bristol LTD advises clients to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.
- Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued.
- Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist.
- Always ask for instruction and assistance when lifting.
- Don't perform any exercise without proper instruction.
- Always do a warm-up prior to any exercise.
- If you are taking any medications, you must talk to your physician before starting any exercise program.
- If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately.

If you have any questions or queries regarding any information given to you by The Physio Clinic Bristol LTD, it is your responsibility to contact The Physio Clinic Bristol LTD.

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