

Physician Referral Form for Candidate to Enter Cardiac Therapy or Adult Fitness Programs

Please complete the following:

Name of Patient: _____ Date: _____

Address: _____ Age: _____

Phone: _____ Sex: _____ SS#: _____

Date of Last Completed Examination: ____ / ____ / ____

Cardiovascular Disease Diagnosis:

Post-MI; Date of Hospitalization _____ / ____ / ____

Post-CABG; Date of Surgery _____ / ____ / ____

Angina; Date of Diagnosis _____ / ____ / ____

Hypertension; Date of Diagnosis _____ / ____ / ____

Rhythm Abnormality; Date of Diagnosis _____ / ____ / ____

Claudication; Date of Diagnosis _____ / ____ / ____

Other; Date of Diagnosis _____ / ____ / ____

CAD Risk Factors:

Hypercholesterolemia

Hyperglycemia or Diabetes

Abnormal Lipoprotein Level

Obesity

Smoking

Sedentary Lifestyle

Family History of Early CAD

Tension/Stress

Current Medications Medication

Special Considerations	Medication	Dose	Frequency
Syncope	_____	_____	_____
Musculoskeletal Disorders	_____	_____	_____
Asthma	_____	_____	_____
Other	_____	_____	_____

Please fill in/enclose following information, if it is already available in patient's records:

A. 12-lead EKG (optional for those under 35 years of age: desired for those over 35)

B. Blood pressure: Systolic/Diastolic (arm) _____/_____ ()

C. Serum Cholesterol _____mg/dl

D. triglycerides _____mg/dl

E. Previous graded exercise test results (if available)

I have examined the above applicant and as his/her personal physician approve participation in:

_____Hospital Cardiac Outpatient Program (continuous supervision and ECG monitoring)

_____Community Cardiac Outpatient Program (continuous supervision, intermittent ECG monitoring)

_____Adult Fitness Program (intermittent supervision, no ECG monitoring)

Any special exercise limitations are listed below:

Signed: _____

Phone: (_____) _____

Physician

Name of Physician: (Print)

Address: _____

Return to: (Program Office) _____

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or

Email me at weightlossking40@gmail.com to *request*
this **form** in Microsoft Word format.

This format allows you to easily change the words to fit
your fitness program.