

FALLPROOF H₂O
MEDICAL CLEARANCE OF PERSONAL PHYSICIAN

Your patient _____ is interested in participating in the FallProof H₂O™ aquatic balance and mobility training program is currently being offered at the Center for Successful Aging at California State University, Fullerton. This program was designed by Dr. Debra Rose (Professor at CSU, Fullerton) who has over 15 years of experience working with older adults with balance-related impairments. This program is specifically designed for older adults who are experiencing balance-related problems and joint dysfunction, fear of falling or severe osteoporosis that makes it less desirable for them to participate in a land-based balance and mobility program. The participant will perform all exercises in waist-to-chest deep water at a temperature of 85-90° fahrenheit. The aquatic facility is equipped with a flume, the speed of which can be manipulated to increase the amount of resistance available during an exercise.

A land-based version of this balance training program currently operates in over 20 community-based facilities throughout Orange and Los Angeles Counties. A comprehensive balance assessment will be conducted prior to admission into this program to identify (a) the degree to which your patient is at risk for falls, and (b) the specific nature of the balance problems contributing to the increased fall risk. Any individual who does not meet the eligibility criteria for inclusion in this program will be referred back to his/her primary care physician for further evaluation.

The level of intensity of the program is based on the individual capabilities of each participant. The content of the program specifically addresses the balance-related impairments identified during the initial screening. Participants engage in activities that are designed to improve their ability to control the center of gravity in dynamic balance environments, and restore balance quickly following an unexpected perturbation. Various exercises have been designed to progressively challenge the balance system and improve core stability. Exercises specifically designed to improve your patient's ability to use the different sensory inputs for balance will also be included in the program. This class will meet twice a week for 45 minutes over a 6- week period.

The results of a three-year research project investigating the effectiveness of the land based program indicate that it has been extremely valuable in reducing the risk for falls and improving the overall physical function and balance-related self-confidence of the older adults who have completed the program. If you know of any medical or other reasons why participation in this program by your patient would be unwise, please indicate so on this form. By completing the form below, you are not assuming any responsibility for the administration of the screening tests and/or the aquatic balance and mobility training program.

If you have any questions about any aspect of the balance and mobility training program please call Dr. Debra Rose (657-278-5846) at CSU Fullerton. She would be pleased to address any concerns and/or questions you may have about this unique community-outreach program.

_____ I know of no reason why my patient should not participate in the proposed aquatic balance and mobility training program.

_____ I believe my patient can participate, but I urge caution because _____

_____ I recommend that my patient **not** participate in this research project.

Physician Signature _____ Date _____

Print Name of Physician _____ Phone # _____