|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Medical Assessment** | | | | | |
| Height: | | | Weight: | BMI: | WHR: |
| Waist: | | | Hip: | **BMI Classification:**  Underweight (<18.5)    Normal (18.5-24.9)  Overweight  (25.0-29.9)  Obese (>30) | **WHR Classification:**  Low Risk  (Male<0.85, Female< 0.75)  Medium Risk  (Male 0.85-0.95, Female 0.75-0.85)  High Risk  (Male>0.95, Female>0.85) |
| Blood Pressure | | mmHg | Normal  Abnormal |
| Resting Heart rate | | bpm | Normal  Abnormal |
| Random Blood Glucose Tolerance Test | | | mmol/L |
| Spirometry (see attached) | | | Normal  Abnormal |
| Urinalysis | Normal | | Glucose  Comment/Level: | Protein  Comment/Level: | Blood  Comment/Level: |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Diabetes Risk** |  | | | |
| As per “The Australian Type 2 Diabetes Risk Assessment Tool” | **LOW** | Approximately 1 in 100 will develop T2DM in 5 years | | |
| **MEDIUM** | Lifestyle changes may help reduce the risk of T2DM.  **GP management and review recommended.** | | |
| **HIGH**  Per questionnaire or BSL >7mmol/L | T2DM may be undiagnosed or be at high risk of developing the disease.  **Client needs see GP for a fasting blood glucose test.** | | |
| **Cardiovascular Risk Factor** | **Risk Stratification** | | | |
| **Medium Risk rating if the patient is > 45 yrs Male & > 55 yrs female** | | | | |
| Hypertension (>150/95 mmHg)  Current Smoker  Known High Cholesterol  Sedentary Lifestyle  Family History of Heart Disease  History of Heart Disease  WHR >0.80 (Women)  >0.90 (Men) **AND** Obesity (BMI > 30) | **LOW** | | < 1 risk factors | |
| **MEDIUM** | | > 2 risk factors | |
| **HIGH** | | Diagnosed cardiac, pulmonary or metabolic disease  **OR**  > 1 sign or symptom of Coronary Artery Disease\* | |
| GP Clearance required to complete exercise testing (if required) | | | | Yes  No |
| \*Signs and symptoms include: pain or discomfort(or angina equivalent) in the chest, neck, jaw, arms, or other areas that may result from ischemia; dizziness or syncope; shortness of breath at rest or with exertion; ankle oedema; palpitations or tachycardia; intermittent claudication; known heart mummer; unusual fatigue or shortness of breath with usual activities; orthopnoea or paroxysmal nocturnal dyspnoea. | | | | |
| **COMMENTS:** | | | | |

This assessment is designed to test your health and wellness. You will not be required to complete any task that you feel you are unable to perform safely and/or confidently.  The evaluator will cease the assessment if they are of the opinion that you are either unable or unsafe to proceed.  You are expected to set your own limits and cease any task if you experience pain or fear that the task will exacerbate any pre-existing injuries or conditions. You will be given a comprehensive set of instructions prior to commencing each task and you may ask for clarification at any point prior attempting the task.

Is there any reason that you could not perform the health and wellness assessment today?  Yes  No

**Signed** ­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Note: Injuries beyond recovered strains/sprains, which are identified or declared in their medical history, will undergo goniometric range of motion testing.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Region** | **Movement** | **Measurement** | **Comments** |
| Cervical | Flexion |  |  |
| Extension |  |  |
| Lateral flexion | L: R: |  |
| Rotation | L: R: |  |
| Trunk | Extension |  |  |
| Forward Flexion |  |  |
| Trunk Rotation | L: R: |  |
| Lateral flexion | L: R: |  |
| Shoulder | Flexion | L: R: |  |
| Abduction | L: R: |  |
| Internal Rotation | L: R: |  |
| External Rotation | L: R: |  |
| Elbow | Flexion/extension | L: R: |  |
| Wrist | Pronation | L: R: |  |
| Supination | L: R: |  |
| Flexion | L: R: |  |
| Extension | L: R: |  |
| Ulnar deviation | L: R: |  |
| Radial deviation | L: R: |  |
| Hip | Flexion | L: R: |  |
| External rotation | L: R: |  |
| Internal rotation | L: R: |  |
| Knee | Flexion/extension | L: R: |  |
| Ankle | Rotation | L: R: |  |
| Plantar/dorsiflexion | L: R: |  |

**Hamstring Flexibility**

****

**1 2 3 4**

**L: R:**

|  |  |
| --- | --- |
| **PERFORMANCE** | **RATING** (CIRCLE) |
| Able to achieve >110o | Excellent (4) |
| Able to achieve 80-110o | Good (3) |
| Able to achieve 60-79o | Fair (2) |
| Able to achieve <60o | Poor (1) |

**Upper Limb Strength test: Grip Strength**

**Dominant Hand**: **Age:**

|  |  |  |  |
| --- | --- | --- | --- |
| **TRIAL** | **RIGHT HAND** | **LEFT HAND** | **COMMENTS** |
| **1** |  |  | Above Normal Range  Within Normal Range  Below Normal Range |
| **2** |  |  |
| **AVERAGE** |  |  |
| **NORMAL RANGE** | ( kg) | ( kg) |

**Core Strength: Prone Bridge**

|  |  |  |
| --- | --- | --- |
| **PERFORMANCE** | **SCORE** | **COMMENTS** |
| Ability to hold position for 120 seconds | Excellent (4) | Effort used:  Minimal  Moderate  Maximal  Pain/ Discomfort experienced  Test ceased due to poor technique |
| Ability to hold position 90 – 119 seconds | Good (3) |
| Ability to hold position for 60 – 89 seconds | Fair (2) |
| Ability to hold position for less than 60 seconds | Poor (1) |

**Push Up Test**

Males – On hands and feet; Females – On hands and knees

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **AGE** | **18-29** | | **30-39** | | **40-49** | | **50-59** | | **60+** | |
| **Gender** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** |
| **EXCELLENT (4)** | ≥36 | ≥30 | ≥30 | ≥27 | ≥25 | ≥24 | ≥21 | ≥21 | ≥18 | ≥17 |
| **VERY GOOD (3)** | 35 - 29 | 29 - 21 | 29 - 22 | 26 - 20 | 24 - 17 | 23 - 15 | 20 - 13 | 20 - 11 | 17 - 11 | 16 - 12 |
| **GOOD (2)** | 28 - 22 | 20 - 15 | 21 - 17 | 19 - 13 | 16 - 13 | 14 - 11 | 12 - 10 | 10 - 7 | 10 - 8 | 11 - 5 |
| **FAIR (1)** | 21 - 17 | 14 - 10 | 16 - 12 | 12 - 8 | 12 - 10 | 10 - 5 | 9 - 7 | 6 - 2 | 7 - 5 | 4 - 2 |
| **POOR (0)** | ≤16 | ≤9 | ≤11 | ≤7 | ≤9 | ≤4 | ≤6 | ≤1 | ≤4 | ≥1 |

(Source: Candadian Physical Activity, Fitness & Lifestyle Approach; CSEP-Health & Fitness Program’s Appraisal & Counseling Strategy, 3rd ed, ©2003.)

**Cardiovascular Fitness: 3-minute step test**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time** | **HR prior to commencing** | **1 min** | **2 min** | **3 min** | **Recovery**  **1 min** |
| **HR** |  |  |  |  |  |
| **COMMENTS** | Recovery | | | | |



Age predicted max HR max: \_\_\_\_\_\_\_ (220 – Age)

85% max HR:\_\_\_\_\_\_ bpm

**Score Scale for Cardiovascular Fitness 3 Minute Step Test (Tick Appropriate Score)**

(From: The YMCA of the USA, 101 N. Wackers Drive, *Chicago, IL*).

**MALES Age:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **AGE** | **18-25** | **26-35** | **36-45** | **46-55** | **56-65** | **65+** |
| **EXCELLENT (4)** | 50-76 | 51-76 | 49-76 | 56-82 | 60-77 | 59-81 |
| **GOOD (3)** | 79-84 | 79-85 | 80-88 | 87-93 | 86-94 | 87-92 |
| **AVERAGE (2)** | 95-100 | 96-102 | 100-105 | 103-111 | 103-109 | 104-110 |
| **POOR (1)** | 111-119 | 114-121 | 116-124 | 121-126 | 119-128 | 121-126 |

**­FEMALES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **AGE** | **18-25** | **26-35** | **36-45** | **46-55** | **56-65** | **65+** |
| **EXCELLENT (4)** | 52-81 | 58-80 | 51-84 | 63-91 | 60-92 | 70-92 |
| **GOOD (3)** | 85-93 | 85-92 | 89-96 | 95-101 | 97-103 | 96-101 |
| **AVERAGE (2)** | 104-110 | 104-110 | 107-112 | 113-118 | 113-118 | 116-121 |
| **POOR (1)** | 122-131 | 122-129 | 124-132 | 126-132 | 129-135 | 128-133 |

**Squat Test**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **CATEGORY**  **SEX** | **18-25**  **M F** | **26-35**  **M F** | **36-45**  **M F** | **46-55**  **M F** | **56-65**  **M F** |
| **Excellent (4)** | **≥44 ≥37** | **≥40 ≥33** | **≥35 ≥27** | **≥29 ≥22** | **≥25 ≥18** |
| **Good (3)** | **39-43 33-36** | **35-39 29-32** | **30-34 23-26** | **25-28 18-21** | **21-24 13-17** |
| **Fair (2)** | **35-38 29-32** | **31-34 25-28** | **27-29 19-22** | **22-24 14-17** | **17-20 10-12** |
| **Poor (1)** | **≤34 ≤28** | **≤30 ≤24** | **≤26 ≤18** | **≤21 ≤13** | **≤16 ≤9** |

**Technique: Good**

**Average**

**Needs Attention**

**Health and Well- Being Report**

**Cardiovascular Risk Rating:\_\_\_\_\_\_\_\_\_\_\_**

**Diabetes Risk Rating:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Strength and Fitness Summary**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Score** | **Rating** |  | **General Capacity Rating** | |
| Range of Motion | Normal/Abnormal | |  |  |
| Flexibility | /4 |  | 16-22 | Good |
| Core strength | /4 |  | 8-15 | Satisfactory |
| Cardiovascular fitness | /4 |  | 0-7 | Poor |
| Muscular Strength and Endurance | /8 |  |  |  |
| Total | /22 |  |  |  |

**Recommendations:**

**Monitor Blood pressure with GP**

**Reduce weight**

**Quit smoking**

**Increase physical activity levels**

**Monitor BSL with GP**

**Improve core strength and endurance**

**Improve cardiovascular fitness**

**Improve muscular strength and endurance**

**Other Comments: ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Facts Sheets Provided:**

**Assessed by:** **Signed:**  **Date:**