



**Physician Medical Release Form**  
**TO BE COMPLETED BY YOUR PRIMARY CARE PROVIDER**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Doctor's Name: \_\_\_\_\_

Your patient, \_\_\_\_\_, DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ wishes to participate in the Rock Steady Boxing (NON-CONTACT) exercise program for people with Parkinson's disease. Our goal is to help your patient have a better quality of life through fitness and socialization. The activities may involve cardiovascular training (jumping rope, walking/running, punching heavy bags), flexibility instruction (stretching, getting up and down on the floor), resistance training and core strengthening techniques. Safety and modifications for various levels of fitness and disease progression are considered.

**PHYSICIAN'S RECOMMENDATION**

- I am not aware of any restrictions to participate in this exercise program.
- I believe the patient can participate but would urge caution (*please explain*): \_\_\_\_\_  
\_\_\_\_\_
- Patient should not engage in the following activities: \_\_\_\_\_  
\_\_\_\_\_

If your patient is taking medications that will affect their heart rate response to exercise, please indicate the manner of the effect (raises, lowers or has no effect on heart rate response during exercise):

Type of medication _____	Effect _____
Type of medication _____	Effect _____
Type of medication _____	Effect _____

**PHYSICIAN COMPLETES**

\_\_\_\_\_ (patient's name) has my approval to begin the Rock Steady Boxing exercise program with the recommendations or restrictions stated above.

Printed name \_\_\_\_\_

Phone \_\_\_\_\_

Signature \_\_\_\_\_

**RETURN TO**

Papillion Recreation Department  
1046 W. Lincoln Street  
402-597-2041  
mlennen@papillion.org