

HEALTH QUESTIONNAIRE FOR ADAPTIVE YOGA

In an effort to provide you with a safe and enjoyable yoga experience, your teachers and assistants need to understand any medical issues you might have (either because of or independent of your disability). Please answer the following questions **and** provide any additional information not listed below that you feel is important for your teachers to know. Also, make sure to let your teachers know if there are any changes to your health at any time.

Name: _____ **Date:** _____

1. What is the cause of your mobility impairment or disability?

- ___ Spinal cord injury
- ___ Multiple Sclerosis
- ___ Cerebral Palsy
- ___ Stroke
- ___ Brain injury
- ___ Other (please specify) _____

2. When did you acquire your mobility impairment?

3. Please answer the following questions and **expand on questions to which you answer “yes.”**

- Do you have any instability of your spine? Yes / No

- If you have a spinal cord injury do you have autonomic dysreflexia? Yes / No
 - If “yes,” what are the physical changes you experience (e.g., elevated blood pressure) and what triggers these events?

- Do you have metal rods or other prostheses inside your body? Yes / No

- Do you have any problems with skin breakdown or sensitive skin? Yes / No

- Do you have elevated or unstable blood pressure? Yes / No

- Do you ever become dizzy or pass out? Yes / No

- Do you ever have seizures? Yes / No

- Do you have osteopenia or osteoporosis? Yes / No
 - If “yes,” have you ever experienced a fracture? Yes / No

- Have you ever had a bone density (DEXA) scan? Yes / No

- Do you have bladder and / or bowel control issues? Yes / No
 - If “yes,” please tell us how we can prevent problems during yoga.

- Have you had any recent surgeries? Yes / No

- Do you have any cardiac or circulatory problems? Yes / No

4. Please list any medications you take on a regular basis and explain what each is for.

5. Please elaborate on anything else you would like us to know about your health or anything that may impact your yoga practice. Attach additional pages if necessary including any documentation that will help inform your instructors.