



THE KETTLEBELL LADY®

PERSONAL TRAINER REFERRAL

Movement efficiency®

With the ever increasing tight restraints by health insurance companies giving enough quality care for a patient to regain full restoration of function usually isn't possible. To aide a patient to reach full recovery requires discovering creative, cost effective options. As an Orthopedic Exercise Specialist I provide that safety zone when a patient needs on-going exercises. I incorporate exercise progressions that address muscle imbalances, and/or musculoskeletal disorders, prevent injury, and improve movement patterns, muscular strength and endurance. I combine my Orthopedic Exercise Specialist skills with my Functional Movement Specialist Certification. This gives me an opportunity to assess functional movement and send out a reports to the referring health care professional.

PATIENT: _____

DATE: _____ **ONSET OF CONDITION** _____

DIAGNOSIS: _____ **PRECAUTIONS/REMARKS:** _____

Testing

- ___ Functional Movement Screening
- ___ Berg Balance Scale Test
- ___ Other

Functional Exercise

- ___ Stabilization/Strengthening
- ___ Stretching/Flexibility
- ___ Aerobic program
- ___ Body Mechanics/Spine Ed.
- ___ Dynamic Trunk Stabilization

Joint Extremity

- | | |
|-----------------------------------|--------------------------|
| ___ Flexibility/Mobilization | ___ Strengthening/ |
| ___ Joint Mobilization | Conditioning |
| ___ Stretching | ___ Specific Groups |
| ___ Passive | _____ |
| ___ Active Assist | ___ Isometric |
| ___ Active | ___ Isotonic |
| ___ Foam roll/myofacial release | ___ Eccentric |
| ___ Relaxation (Tai Chi & Qigong) | ___ Aerobic exercise |
| ___ Breathing Ed. | ___ Closed kinetic chain |

Functional Rehabilitation

- ___ Gate Training
- ___ Patterns (PNF)
- ___ Proprioceptive retraining
- ___ Agility drills
- ___ Sports specific retraining
- ___ Functional progression
- ___ Home program

Specific Instructions: _____

- ___ Please send me a written progress report
- ___ Please fax me your Functional Movement Screening/Berg Balance test
- ___ Please call me regarding patient progress



The Kettlebell Lady - Leanne Wylet, Cross Fitness Instructor

Train Movement Patterns – Restore Balance, Timing & Power for Pain Free Movement

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