



**100 Bauer Drive  
 Oakland, NJ 07436  
 Phone: 201-644-7567  
 Fax: 201-644-7568**

## Client Application

Date \_\_\_\_\_  
*Mm/dd/yyyy*

Name \_\_\_\_\_  
*Last First Middle (complete)*

Prefer to be called (nickname) \_\_\_\_\_ Gender \_\_\_\_\_  
*M/F*

Birthdate \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ E-mail Address \_\_\_\_\_  
*mm/dd/yyyy*

Permanent Home Address \_\_\_\_\_  
*Number and Street*

\_\_\_\_\_ *City or Town State Country Zip Code*

Permanent home phone (\_\_\_\_\_) \_\_\_\_\_  
*Area Code Number*

Other phone (\_\_\_\_) \_\_\_\_\_  
*Area Code Number*

### **Emergency contact**

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
*Last First*

Home phone (\_\_\_\_) \_\_\_\_\_ Work/Cell phone(\_\_\_\_) \_\_\_\_\_  
*Area code Number Area code Number*

How did you hear about Push to Walk? \_\_\_\_\_

## Medical Information

Date of Diagnosis \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
mm/dd/yyyy

Type of Multiple Sclerosis \_\_\_\_\_

- ☐ Benign
 ☐ Relapsing
 ☐ Relapsing Remitting  
☐ Secondary Progressive
 ☐ Primary Progressive
 ☐ Progressive Relapsing

At what hospital were you treated?

\_\_\_\_\_  
Name  
\_\_\_\_\_  
Address  
\_\_\_\_\_  
City State Zip Code  
(\_\_\_\_\_)\_\_\_\_\_  
Area Code Number

Treating physician \_\_\_\_\_  
Name

Length of stay

from \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
mm/dd/yyyy

to \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
mm/dd/yyyy

Location of outpatient rehabilitation:

\_\_\_\_\_  
Name  
\_\_\_\_\_  
Address  
\_\_\_\_\_  
City State Zip Code  
(\_\_\_\_\_)\_\_\_\_\_  
Area Code Number

Dates of Attendance

from \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
mm/dd/yyyy

to \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
mm/dd/yyyy

Type of wheelchair ☐ Manual ☐ Electric \_\_\_\_\_ ☐ Power Assisted/Manual  
specify

Assistive standing/walking device

☐ Yes \_\_\_\_\_ ☐ No

Location of inpatient rehabilitation:

\_\_\_\_\_  
Name  
\_\_\_\_\_  
Address  
\_\_\_\_\_  
City State Zip Code  
(\_\_\_\_\_)\_\_\_\_\_  
Area Code Number

Length of stay

from \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
mm/dd/yyyy

to \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
mm/dd/yyyy

Orthotics/bracing

☐ Yes \_\_\_\_\_ ☐ No

Current therapy

☐ Yes ☐ No

type \_\_\_\_\_ frequency \_\_\_\_\_

\_\_\_\_\_

results \_\_\_\_\_

Surgeries since diagnosis

<i>Date</i>	<i>Type</i>	<i>Location</i>
<i>Date</i>	<i>Type</i>	<i>Location</i>
<i>Date</i>	<i>Type</i>	<i>Location</i>

Date of last medical examination \_\_\_\_/\_\_\_\_/\_\_\_\_  
mm/dd/yyyy

Height \_\_\_\_\_

Weight \_\_\_\_\_

Please list all current medications

1	<i>Name</i>	<i>Dose/Freq</i>	<i>Function</i>	<i>Start mo/yr</i>
2	<i>Name</i>	<i>Dose/Freq</i>	<i>Function</i>	<i>Start mo/yr</i>
3	<i>Name</i>	<i>Dose/Freq</i>	<i>Function</i>	<i>Start mo/yr</i>
4	<i>Name</i>	<i>Dose/Freq</i>	<i>Function</i>	<i>Start mo/yr</i>
5	<i>Name</i>	<i>Dose/Freq</i>	<i>Function</i>	<i>Start mo/yr</i>
6	<i>Name</i>	<i>Dose/Freq</i>	<i>Function</i>	<i>Start mo/yr</i>

Describe your physical abilities (be as specific as possible):

Upper extremities

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Trunk/core (IE: Can you sit up?)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lower extremities

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Balance Function

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Any spasms? ☐ Yes ☐ No

*If Yes, briefly explain locations*

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Any pain? ☐ Yes ☐ No

*If Yes, briefly explain locations*

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Any Pressure Sores/Skin Breakdowns? ☐ Yes ☐ No

*If Yes, briefly explain symptoms*

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Numbness/Tingling? ☐ Yes ☐ No

*Location*

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Vision Impairment? ☐ Yes ☐ No

*If Yes, briefly explain symptoms*

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Episodes of Dizziness/Fatigue? ☐ Yes ☐ No

*If Yes, briefly explain & frequency*

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Temperature Sensitivity? ☐ Yes ☐ No

*If Yes, briefly explain & frequency*

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Have you been diagnosed with Osteoporosis? ☐ Yes ☐ No

*How long ago was your bone scan?*

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**NOTE: All clients over 6 months post injury must obtain a bone density assessment before their first session at Push To Walk. Please attach a recent bone density scan with your doctor's interpretation.**

Deep Vein Thrombosis? ☐ Never ☐ Past ☐ Present

Location 

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Treatment 

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Ventilator Dependent? ☐ Never ☐ Past ☐ Present

Major illness/injuries/complications that required hospitalization other than initial diagnosis?

☐ Yes ☐ No

*If Yes, explain:*

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What are your goals and / or health concerns for coming to Push To Walk?

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Please circle 'yes' or 'no' for the following. Please answer 'yes' to those that apply to you at present or have applied to you in the past, with a brief explanation in the space provided.

Heart problems: yes / no

History of chest pain: yes / no 

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Blood pressure issues: yes / no 

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Diabetes: yes / no 

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Any chronic illness or condition: yes / no 

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Fatigue: yes / no 

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Muscle tension: yes / no 

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Tendon/joint problems: yes / no 

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Breathing/lung problems: yes / no 

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Cigarette smoker: yes / no *If yes, packs per day*

Alcohol: yes / no *Frequency*

High cholesterol: yes / no

Are you accustomed to physical exertion?

Hernia, or any condition that may be aggravated by intense exercise: yes / no

Any other disease or disorder that would cause difficulties while participating in an intensive exercise program?

Are you currently involved in any recreational physical activities (IE: handcycling, rugby, etc)?

Has your physician approved your participation in an intense exercise program? yes / no

**NOTE: This is required prior to your first session at Push To Walk.**

Is there any reason not mentioned here why you should not follow a regular exercise program? If yes, please explain:

Please make any other comments you feel are pertinent to your exercise program:

I have completed this application to the best of my knowledge. I understand that if necessary, Push To Walk reserves the right to request medical clearance before beginning any exercise program, and has the right to deny my participation in the program if requests are not fulfilled.

Please print your name clearly: \_\_\_\_\_

Signature: \_\_\_\_\_

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

If under 18, name of parent or guardian: \_\_\_\_\_ Relationship: \_\_\_\_\_

Parent or guardian's signature: \_\_\_\_\_

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

Thank you for taking the time to fill out Push To Walk's application.



<b>QUALIFICATION QUESTIONNAIRE</b>		
<b>APPLICANT INFORMATION</b>		
Name:		
Height:	Weight:	
Date of birth:	Age:	Home Phone:
Current address:		
City:	State:	ZIP Code:
Cell Phone:	E-Mail:	
<b>PREFERRED METHOD OF CONTACT</b>		
<b>INJURY INFORMATION</b>		
Level of Injury:		
Date of Injury:		
Details of Injury:		
State Goals and Objectives in Attending Push to Walk:		
<b>HOW DID YOU HEAR ABOUT PUSH TO WALK?</b>		
<b>PRIOR SCI TREATMENTS</b>		
Dates	Facility	Type of Treatment
<b>SIGNATURES</b>		
I certify that all information provided above is truthful and accurate. I certify that I am physically capable of participating in an intensive exercise program and that I have no other medical complications. I certify that I have the ability to breathe on my own and do not use a ventilator. A doctor's letter and a bone density scan will be required prior to an initial evaluation and start of a regular program. I also certify that I personally have the funds to pay for Push to Walk's services which will be billed monthly and paid in advance of treatment. Current fee is \$95/hour.		
Signature of applicant:		Date:
Signature of guardian (if under 18 years old):		Date:



### Physician's Clearance Form

Please return this form to:

Push to Walk, 100 Bauer Drive, Oakland, NJ 07436

Phone: 201-644-7567; Fax: 201-644-7568

Date \_\_\_\_\_

Patient's Name \_\_\_\_\_ Age \_\_\_\_\_

Patient's Address \_\_\_\_\_

Date of last physical examination \_\_\_\_\_

\_\_\_\_\_ This patient may participate fully in an intensive physical exercise program consisting of cardiovascular, strength, flexibility and load bearing training of both the upper and lower extremities without limitation.

\_\_\_\_\_ This patient may participate in an intensive physical exercise program with the following limitations and/or recommendations:

\_\_\_\_\_

Please include a brief description of any medical condition(s) that may affect her/his participation in an intensive exercise program:

\_\_\_\_\_

If this patient is on any medication that may affect the heart rate or the blood pressure to response to exercise (elevating or suppressing), please indicate:

I consider the above individual to be: \_\_\_\_\_ normal  
 \_\_\_\_\_ cardiac patient  
 \_\_\_\_\_ coronary heart disease  
 \_\_\_\_\_ other (explain)

Please fill in the following information if available:

Blood Pressure \_\_\_\_\_

Glucose \_\_\_\_\_

Total serum cholesterol \_\_\_\_\_

HDL-C \_\_\_\_\_ LDL-C \_\_\_\_\_

Triglycerides \_\_\_\_\_

Physician's Name \_\_\_\_\_ Date \_\_\_\_\_

Physician's Signature \_\_\_\_\_

\*Note – this record must be stamped with a physician's official stamp or be accompanied by a typed letter on physician's letterhead, documenting that a medical evaluation has been performed on named client. THE PHYSICIAN'S CLEARANCE FORM WILL NOT BE ACCEPTED WITHOUT SUCH PROPER VERIFICATION.





## Required – Bone Density Test & Results

Before we can see any new client, he or she must have a bone density test (also called a Densitometry or DEXA scan) performed and have the results sent or faxed to us. This is very important so we know if there is increased risk of fracture due to osteopenia or osteoporosis. It's also important that you know this, too, for your general health and well-being.

Please be sure that it includes testing and T scores of the following:

- Lumbar spine
- Right and Left Hips
- Greater Trochanter
- Distal Femur

If you have had a bone test performed in the last 6 months, you don't need to have another one done, but you do need to send or fax us the results.

Follow-up requirements for subsequent testing will be determined by these initial test results.

We need to have this report prior to scheduling your evaluation appointment.

Thank you.

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Phone: 201-644-7567; Fax: 201-644-7568  
E-mail: [slajam@pushtowalknj.org](mailto:slajam@pushtowalknj.org)



## WAIVER AND RELEASE FROM LIABILITY

I, \_\_\_\_\_, (“Client”) HEREBY WAIVE AND RELEASE, indemnify, hold harmless and forever discharge Push to Walk (“the Company”) and its agents, employees, directors, affiliates, successors and assigns, of and from any all claims, demands, contracts, expenses, causes of action, lawsuits, damages, and liabilities of every kind of nature, whether known or unknown, in law or equity, that Client has had or may have, arising from or in any way related to Client’s participation in any of the events of activities conducted by or on the premises of or for the benefit of the Company.

I represent that I am in satisfactory physical condition to participate in the Company’s program and activities. I authorize any person connected with Push to Walk to administer first aid to me, as they deem necessary. I authorize medical and surgical care and transportation to a medical facility or hospital for treatment necessary for my well being, at my expense.

Client acknowledges that any activities Client participates in can be an extreme test of Client’s physical and mental limits and carry the potential for severe physical injury. Client hereby assumes the risks of participating in any and all of the Company’s activities and functions. Client certifies that Client is able to participate in the Company’s programs and has not been advised otherwise by a qualified medical professional. Client understands that the information and treatments obtained by participating in the Company’s events and activities do not constitute medical treatment, diagnosis or advice. Client understands that Client should seek the advice of a physician or other qualified health provider if Client has questions about medical condition(s). Client understands that a bone density scan is required prior to participating in Company’s programs, and that the bone density scan results will be shared with the Company.

Client certifies that in consideration of becoming a client of the Company’s program, Client hereby takes the following action for itself, its executors, administrators, heirs, next of kin, successors and assigns:

Client waives, releases and discharges from any and all claims or liability for any loss, damage, theft or injury of any kind which arise out of or are related to Client’s participation in, or its traveling to and from the Company’s facilities; including but not limited to: 1) any known and unknown, foreseen and unforeseen body and personal injury, 2) loss of life, and 3) any attorney’s fees, costs, expenses, or charges sustained, directly or indirectly, or alleged to have been sustained, or in any fashion, arising from, in connection with, or resulting from its participation in the Company’s programs or activities, even if due to the negligence of the Company or any employee, volunteer, director, officer, client, owner or agent thereof.

Client will indemnify and hold harmless the Company and any and all employees, volunteers, directors, officers, clients, owners and agents thereof from any claim, demand, and/or cause of action of any nature whatsoever, related to the Client's participation in the Company's programs and activities, even if due to the negligence of the Company, including but not limited to any and all losses, liabilities, damages, costs and expenses (including reasonable attorney fees) arising out of such actions.

Client agrees that Client, Client's family members, and any guests and invitees shall be bound by this agreement and the Company's policies, rules and guidelines. Client agrees that the Company's policies, rules and guidelines may be revised, supplemented, or amended in the sole and absolute discretion of the Company, and that any changes shall become immediately effective upon posting in the Company's facilities.

Client further expressly agrees that the foregoing waiver and release from liability agreement is intended to be as broad and inclusive as permitted by the law of the State of New Jersey. Client has read this waiver and release from liability and indemnity clause, and agrees that no oral representations, statements or inducements apart from this agreement have been made. The Company makes no warranties or representation, express or implied, other than those set forth herein. **IN NO EVENT SHALL THE COMPANY BE LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.**

This agreement shall be construed in accordance with the laws of the State of New Jersey, without regard to the conflicts of law provisions thereof. Any controversy, claim or dispute arising out of or relating to this agreement shall be settled by a retired Judge of the Superior Court of the State of New Jersey chosen by the Company. The parties agree to abide by all decisions and awards rendered in such proceedings. Such decisions and awards rendered by the Arbitrator shall be final and conclusive and may be entered in any court having jurisdiction thereof as a basis for judgment and of the issuance of execution for its collections. All such controversies, claims or disputes shall be settled in this manner in lieu of any action at law of equity, provided however, that nothing in this subsection shall be construed as precluding bringing an action for injunctive relief or other equitable relief. The arbitrator shall not have the right to award punitive damage or speculative damages to either party and shall not have the power to amend this agreement. **IF FOR ANY REASON THIS ABRITRATION CLAUSE BECOMES NOT APPLICABLE, THEN EACH PARTY, TO THE FULLEST EXTENT PERMITTED BY APPLICABLE LAW, HEREBY IRREVOCABLY WAIVES ALL RIGHT TO TRIAL BY JURY AS TO ANY ISSUE RELATING HERETO IN ANY ACTION, PROCEEDING OR COUNTERCLAIM ARISING OUT OF OR RELATING TO THIS AGREEMENT OR ANY OTHER MATTER INVOLVING THE PARTEIS HERETO. I HAVE READ THE PREVIOUS PARAGRAPHS AND I KNOW, UNDERSTAND AND APPRECIATE THESE AND OTHER RISKS THAT ARE INHERENT IN THE PUSH TO WALK PROGRAM. I HEREBY ASSERT THAT MY PARTICPATION IS VOLUNTARY AND THAT I KNOWINGLY ASSUME ALL SUCH RISKS AND ENTER INTO THIS WAIVER AND RELEASE FROM LIABILITY VOLUNTARILY. I FURTHER UNDERSTAND AND AGREE THAT THIS AGREEMENT SHALL ALSO BE BINDING ON MY HEIRS, ASSIGNS, SUCCESSORS AND ALL OTHER PERSONS WHO MAY CLAIM THROUGH ME.**

All notices to the Company shall be mailed (certified or registered, return receipt requested) to Push to Walk, 100 Bauer Drive, Oakland, NJ 07436. If any part of this agreement is held by a court of competent jurisdiction to be void and unenforceable, the remainder of the terms and provisions of this agreement shall remain in full force and effect and shall not be affected.

Client Name \_\_\_\_\_

Client Signature \_\_\_\_\_

Date \_\_\_\_\_

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Phone: 201-644-7567; Fax: 201-644-7568  
E-mail: slajam@pushtowalknj.org



## PAYMENT POLICIES

Updated 9/23/16

Hourly fee:

One-on-One Workouts-\$95.00;

FES RT600 Sessions-\$95.00;

FES RT200 & RT300 Add-on Sessions-no charge; Stand-alone session-\$50.00

*\*Add-on Sessions are only offered with workouts\*; \*FES pads are an additional charge\**

For local clients who will be coming on a weekly basis, the initial two hour evaluation is offered at no charge. For clients visiting from out of town for a limited amount of time, all hours with the trainer are billed on an hourly basis. However, we will schedule an additional half an hour prior to the first visit to discuss medical history and goals and another half an hour after the final session to review visit and answer any questions. This is to ensure maximum training time for the duration of the visit.

All clients will be billed at the end of the month. Payments must be made by cash or check. Sessions and hours will be billed based on actual attendance. Clients must inform Push to Walk prior to the first of the month if a known appointment time cannot be kept for scheduling purposes.

Every client will be required to provide a valid credit card and keep it updated to pay any invoice that is past 30 days due, plus a \$50 late fee and a 3% handling charge. **Credit cards will ONLY be billed in these cases, and will not be taken for regular, on-time payments.**

Any session cancelled with less than 24 hours notice (including weekends for Monday appointments) WILL BE BILLED at \$95.00 per hour, with the exception of medical emergencies. Calls to cancel MUST be made to the office phone number (201-644-7567). If no one answers, you must leave a message. E-mails, text messages and calls to trainers' cell phones are not acceptable and are not valid for cancellation purposes, unless a true emergency exists.

Exception – if Push to Walk is closed due to bad weather, or if the roads are unsafe for travel, clients will not be billed for sessions missed.

Invoices are prepared on the last day of the month. Payment is due by the 10<sup>th</sup> of the month following the sessions. Any payment received after the 10<sup>th</sup> is subject to late fee of \$50.00.

If payment plus late fee is not received by the 15<sup>th</sup>, client will be removed from the schedule until full amount of invoice plus late fee is received.

If payment is not received within 30 days, the credit card provided WILL be charged \$50 late fee plus a 3% handling fee.

Visiting clients are required to pay for their estimated number of hours plus Home Program, Train Your Trainer and Home Manual costs 2 weeks in advance of their visit. Any variations in scheduling or hours will be due and payable on the final day of the visit.

Client Name \_\_\_\_\_ Client Signature \_\_\_\_\_ Date \_\_\_\_\_

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