



A.X.O.N. – Advanced Exercise for Our Nerves

_____ would like to participate in the Advanced Exercise for Our Nerves (AXON) (patient’s name) program but is required to have physician’s clearance to participate. As a result we request that the patient confer with you to ensure that they can safely participate in a program specifically designed to improve upper and lower body functional strength as well as improved balance.

The AXON program is a twice per week progressive program designed for those who are experiencing physical complications due to a neurological condition. Each day will include exercises that will help to build and/or maintain upper and lower body strength as well as balance. All exercises are led by Canadian Society of Exercise Physiology certified staff. Pre and post-testing is completed and is used as an objective measurement for improvement.

The AXON program is adapted to meet the needs of each participant in a non-intimidating and encouraging environment. In order to be accepted into AXON, participants must be able to walk (with or without a walking aid), have the ability to verbally communicate, and have appropriate endurance to exercise at a light to moderate level for one hour.

For more information please contact:

❖ **Caitlin Doyle, Training and Testing Coordinator at (506) 453-4603 caitlin.doyle@unb.ca**

PARMed-X Physical Activity Readiness Conveyance/Referral Form

Based upon a current review of health status of _____, I recommend:

- No physical activity
- Only a medically-supervised exercise program until further medical clearance
- Progressive physical activity
 - with avoidance of: _____
 - with inclusion of: _____
 - under the supervision of a CSEP-Certified Exercise Physiologist or CSEP-Certified Personal Trainer
- Unrestricted physical activity – start slowly and build up gradually

_____, M.D.

Physician/clinic stamp

NOTE: This physical activity clearance is valid for a maximum of six months from the date it is completed and becomes invalid if your medical condition becomes worse.