

Essentrics with Arielle Assessment

Name: _____

Date: _____

What are your goals?

Check Below:

Pain Relief

Increased Flexibility

Body Shaping and Toning

Back Pain

Flexibility and Strength

Where is your pain?

Previous injuries?

How long ago were you injured?

What type of injury?

Do you still feel pain with your injury? If yes where and how long?

What type of physical exercise do you do presently or have previously done on a regular basis?

How often and what intensity?

When was the last time you did sports or exercises?

What type of sports or exercise?

What does your profession or major hobbies consist of in terms of movement?

i.e., sitting in a chair- lifting heavy things, gardening..

Can you get up and down off the floor?

Can you climb up stairs easily?

Can you reach both arms above your head near your ears?

Healthy Recommendations:

If you are in pain and have not moved or exercised in a while, you will be encouraged to stretch and move in a very relaxed mode until you regain some strength and mobility. After a few sessions you will feel your body unlock and release which will allow you to push a little further every time we have a session. Be patient with you and your body and you will gradually feel and experience the little changes and difference in your body!