

Low Pressure Fitness (LPF) combines myofascial stretching, postural and respiratory re-education and neurodynamic techniques. It is the balance, not the replacement or substitute for other sports, exercise or weight training. LPF creates better management of pressure and muscle tone and is a compliment for other things.

LPF may enhance:

- Core and pelvic floor tone
- Digestion
- Breathing patterns
- Spinal alignment
- Sports performance
- Personal psychology
- Body Image

At Health in Motion PT + Wellness we offer both 1-1 as well as small group LPF training. All participants start with a 1-1 evaluation before joining a group class. After the fundamental principles are learned and the initial assessment complete, participants are then cleared for group classes.

**Please complete the following:**

Today's Date: \_\_\_\_\_

First and last name:

\_\_\_\_\_

Email and cell phone number:

\_\_\_\_\_

How did you hear about LPF?

\_\_\_\_\_

What brings you here?

- Wellness/Prevention
- Addressing something specific (pelvic floor weakness, diastasis, IBS, etc)  
Please note below.

\_\_\_\_\_

\_\_\_\_\_

What are your goals with learning LPF?

---

---

---

---

Do you have any medical conditions you'd like your instructor to be aware of?

---

---

---

Following is a list of possible contraindications for the practice of LPF. Please check any that apply to you to discuss with your practitioner.

- Hypertension
- Fever
- Abdominal surgery within the last 3 months
- Pregnant
- Cardiopathy
- Glaucoma
- Acute pain or inflammation
- Pessary
- IUD

Any questions or concerns?

---

---

---