

National ME Centre & Centre for Fatigue Syndromes

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Harold Wood Polyclinic
St Clements Avenue
Harold Wood
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STRETCH AND RELAX

Name..... DOB.....
Address.....
Telephone No.....

Whilst every precaution is taken to ensure the comfort and safety of group members the National ME Centre cannot accept any liability for matters arising from sessions.

In order to ensure the best possible attention to individual requirements please complete the enclosed questions and sign the declaration at the bottom of this form.

1. How long have you been diagnosed with CFS/ME?

Medical Problems related to CFS/ME

Please grade if possible: 1 = Mild 2=Moderate 3=Severe 4=Very severe

Physical

Fatigue
Pain: Joint..... Muscle..... Headache..... Abdominal.....
Sleep
Palpitations.....
Temperature control.....
Other.....

Cognitive

Memory..... Concentration Other.....

Emotional

AngerAnxiety.....Depression..... Phobia.....Stress..... Tension.....

Other Medical Problems (please underline, however slight)

ArthritisBack injury or pain Blood Pressure (high/low) .. Catarrh
Hearing loss Heart Thyroid dysfunction Varicose veins.....

2. What prescribed treatment regime are you following?

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3. Who is overseeing your treatment?.....

4. What medication(s) are you currently taking.....

.....

5. Are you aware of any symptoms or conditions that may be affected adversely by exercise?

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6. How long is it since you last exercised?

7. Detail physical exercise/sport prior to the onset of CFS/ME.....

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I hereby accept no liability will attach to the tutor, National ME Centre, its trustees, officers and the North-East London NHS Foundation Trust for any injuries or medical conditions arising from the Stretch and Relax Sessions

Signed

Date.....

NB This form must be completed prior to your taking part in the first class

STRETCH AND RELAX

General Advice

1. **Eating.** Leave at least two hours after a heavy meal and one hour after a light meal.
2. **Clothing** should be loose and comfortable, i.e. with an elastic waistband. Layers are probably ideal. Bare feet are best, with socks for relaxation.
3. **Exercise mats, blankets, and cushions** will be supplied.
4. **Breathe** quietly though the nose unless otherwise told.
5. **Between movements** make full use of the resting time.
6. **You should not experience pain**
7. **Everyone should work to their own capabilities.**

Each session will include:

- Relaxation
- Gentle stretches and movements
- Breathing practice!

Venue: St Peter's Church Rooms, Gubbins Lane, Harold Wood RM3 OQA