



Your patient, _____, would like to participate in Delay the Disease™ Program through the Kearney Family YMCA.

Delay the Disease™ is an exercise program designed to empower adults with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. The exercise program is run by certified Delay the Disease™ Instructors at our Kearney Family YMCA location.

The exercises in the class vary, and can be adapted to each individual's needs. The program aims to help individuals with Parkinson's disease fall risk, improve posture and gait, minimize fatigue, reduce rigidity, return arm swing, and maintain or regain independence.

To ensure the safety of all participants, we ask for participants, we ask for physician clearance before beginning the exercise program. If you have any questions regarding the programs before completing the form below, please reach out to Brooke White through the contact information listed below.

Physician Report

I know of no reason why this applicant may not participate in this exercise program

The applicant can participate in this exercise program, but with the following concerns, limitations, or restrictions in mind:

I recommend that this applicant NOT participate in this exercise program

Comments:

Physician Name _____

Clinic _____

Physician Signature _____

Date _____

Phone _____

Email _____

Please fax or email completed forms to:

Brooke White, Chronic
Kearney Family YMCA
P. (308) 237-9622
F. (308) 237-7939
bwhite@kearneymca.org