

PHYSIOTHERAPY FORM FOR PREGNANT WOMEN

GENERAL INFORMATION

First and Last Name		Identity code and age	Date
E-mail	Telephone number	Intensity of work (sitting / standing / moving)	Smoking (yes / no) / cigarettes a day
Main reason for visit (for example urine leakage, pelvic pain etc)		When the problem started	
Has the problem worsened over time? (yes / no / remained the same)		Please rate your health 1–10 (1- very good; 10 – very bad)	
Main goal and expectations to the visit (for example reduce back pain etc)			

STATE OF HEALTH BEFORE PREGNANCY

Diagnoses	Regular medications/treatment
Physical activity before pregnancy (incl. frequency)	Earlier deliveries (year and duration)
Earlier pregnancies (miscarriage / vaginal bleeding and other complications)	Earlier deliveries (natural/ C-section / epidural / breech position / vacuum extraction / induced labor etc)

CURRENT PREGNANCY

Week of pregnancy	Delivery date	Body weight before pregnancy	Weight gain during pregnancy (kg)
Natural / Artificial insemination		Physical activity during pregnancy	
Nutrition (Healthy / unhealthy)		Supplements / vitamins	
Current pregnancy risk (High risk/low risk)		Other health problems	

STATE OF HEALTH *Please mark your answer below if you experience it.*

Symphysis pubis dysfunction	Diabetes (Type 1 or Type 2)	Asthma	Anemia	Epilepsy	Blood pressure (high / low)
Heart of lung disease	Kidney problems	Thyroid problems	Swelling (hands, legs, ankles)	Unintentional urine leakage	Extreme overweight

Physical activity is recommended for most women during pregnancy

- Improves physical and psychological well-being
- Helps to prevent unnecessary weight gain
- Reduces risk for gestational diabetes and pre-eclampsia
- Reduces prenatal back pain, constipation, swelling, and other issues
- Trained muscles help to maintain a good posture and keep the fetus in the right position
- Prepares physical ability for childbirth
- Helps to accelerate postpartum recovery

Active training is not recommended during pregnancy

- Pregnancy without medical observation
- Severe heart condition
- Severe hypertension
- Risk for premature labor
- Several sequential miscarriages
- Earlier premature delivery
- Vaginal bleeding during second or third trimester
- Premature rupture of membranes
- Chronic infectious disease
- Fetal developmental deterioration

Additional surveillance is needed during pregnancy

- Excessive overweight or underweight
- Previous sedentary lifestyle
- Placenta previa
- Diabetes

Physiotherapist Helle Nurmsalu, FT Msc has received her masters degree in physiotherapy from University of Tartu. Physiotherapeutic treatment is voluntary and at patient's own risk.

We confirm that the patient's data is confidential and will not be revealed to third parties.

/ Name and signature /