

CONTINUED: To Be Completed by a Health Care Professional

Types of Positions	Limited (Approximate time)	Unlimited
Lying, Supine		
Lying , Prone		
Sitting		
Standing		
Squatting		
Kneeling		
Types of Activities	Yes	No
Water Exercises		
Swimming		
Treadmill		
Elliptical		
Flexerciser		
Recumbent Stepper		
Upright Stationary Bike		
Recumbent Stationary Bike		
Traditional Strength Development/Weight Training		
Isometric Strength Development/Weight Training		
Flexibility Training		
Standing Frame		
Balance work		
Diagnosis _____ _____		
Prognosis _____ _____		
Comments _____ _____ _____		

Contact Jeanne Calamar at (916) 691-7376 or calamaj@crc.losrios.edu with questions or concerns.

Please return completed form to:

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