



**PHYSICIAN HEALTH ASSESSMENT FORM
FOR
SISTERSHIP DRAGON BOAT RACING TEAM**

Sistership actively recruits healthy breast cancer survivors who have been out of active treatment for at least 6 months.
Our paddlers partake and compete in an intense physical team sport.

<u>PARTICIPANT</u> Name: _____ Date of Birth: _____ Date of Physician Appointment: _____	<u>PHYSICIAN</u> Name: _____ Address: _____ Phone: _____
--	--

BREAST CANCER HISTORY

SURGERY (i.e. lumpectomy, mastectomy, reconstruction, sentinel node biopsy, axillary node dissection, other)

____ YES (please complete below) ____ NO

1. Type of surgery _____ Site _____ Date _____

Comments: _____

2. Type of surgery _____ Site _____ Date _____

Comments: _____

Chemotherapy:

____ YES ____ NO Date start/end _____

Radiation:

____ YES ____ NO Date start/end _____

Lymphedema:

____ YES ____ NO Comments: (e.g. treatment, compression sleeve, arm range of motion) _____

Additional Comments re cancer treatment: (i.e. other treatments not listed above, metastatic disease...)

CURRENT HEALTH ASSESSMENT

Height: _____ Weight: _____ Blood Pressure: _____ Heart Rate: _____

Additional medical conditions (other than breast cancer): _____ YES _____ NO If YES please complete below.

Medical Condition(s)	Medication(s)	Exercise/physical activity guidelines (i.e. restrictions and recommendations)

Medications not listed above: _____

Additional Comments: _____

Recommendations based on current health assessment of _____ (patient).

This patient may engage in:

- _____unrestricted exercise/ physical activity including:
 - progressive, repetitive, resistive, full body exercise with emphasis on upper body and core strength.
 - progressive cardio activity toward paddling up to 90 min, typically 3-5 min intervals with 1-3 min rest.
- _____ exercise/ physical activity with restrictions as noted:
- _____ no physical activity recommended at this time.

Physician signature:

Date:

SISTERSHIP DRAGON BOAT RACING TEAM

Information for Medical Practitioners

Sistership actively recruits healthy breast cancer survivors who have been out of active treatment for at least 6 months. Our paddlers partake and compete in an intense physical team sport.

Participants should be:

- able to safely engage in strenuous, repetitive, resistive, full body exercise
- committed to increasing/maintaining fitness levels both on and off the water through training sessions from February to September 2 - 3 times week
- capable of progressive cardiovascular and strength training in dryland setting with intense cardio output (up to 10 mins) on the water

Starting in May of the paddling season, participants need to be capable of paddling for up to 1¼ hours (typically 3 – 5 min intervals with 1 – 3 min rest) in following position:

- *Upper paddle arm is continually forward flexed to approx 130 degrees and adducted. **This requires good arm and shoulder strength and mobility to avoid rotator cuff injury.***
- *Paddler sits in forward flexion with forward rotation at start of stroke, twisting and straightening torso to complete stroke, with stroke rate of up to 65/min. **This requires very good core strength to avoid back or SI (sacroiliac) joint injury.***



Practitioner:

Initial _____ Date _____