

# RISK STRATIFICATION TOOL FOR EXERCISE REFERRAL

Use this tool to assist in risk category identification for your patients.

The risk category will determine which exercise referral path is best suited for each patient.

**NOTE: chronic musculoskeletal conditions can also be effectively managed/treated with a clinical exercise physiologist.**

Patients who do not meet the minimum recommended daily amounts of physical activity (**150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week**), have an increased risk of developing chronic disease conditions.

## LOW RISK

No cardiovascular conditions, metabolic or renal conditions.

**AND**

No signs or symptoms suggestive of CV, metabolic or renal disease

**MEDICAL CLEARANCE UNNECESSARY**

Able to begin exercising at a gym or other public exercise facility.

Light to moderate intensity PA recommended.

## MODERATE RISK

Known CV, metabolic or renal disease.

**AND**

Asymptomatic

**MEDICAL CLEARANCE RECOMMENDED**

Able to be referred to Green Prescription

**OR**

A Clinical Exercise Physiologist.

Light to moderate intensity PA recommended

## HIGH RISK

Any signs or symptoms suggestive of CV, metabolic or renal disease (regardless of disease status).

The presence of more than one chronic condition

**MEDICAL CLEARANCE REQUIRED**

Refer to a qualified

**Clinical Exercise Physiologist** for **SUPERVISED** light to moderate intensity PA.