

Exercise Referral (ER) Inclusion/Exclusion Criteria

To be eligible for ER, scheme participants must be:

- over 16 years of age*
- inactive (typically less than 30 minutes physical activity a week)
- compliant with any medication they are taking
- ready and willing to change their behaviour
- diagnosed with one or more medical conditions below

Medical Condition	Specific Inclusion Criteria
Obesity	30.0-39.9kg/m ² with/without CHD risk factors
Osteoarthritis (OA)	Mild-moderate severity (as determined by referrer)
Rheumatoid arthritis (RA)	Medication controlled, not during flare/active infection
Joint replacement	>3 months post-op. Suitability for referral lies with patient GP and rehab therapist
Osteoporosis	Diagnosed, treated and stable. Pre/post fracture at discretion of referrer
Simple mechanical back pain (SMBP)	In absence of red flags**
Asthma	Stable and controlled
COPD	Mild-moderate severity. Suitability for referral at discretion of referrer
Stress	Referrer to assess suitability
Anxiety	Mild-moderate (HAD 8-14)
Depression	Mild-moderate
Diabetes mellitus (Type 1)	Stable and controlled. Refer to advise on modification of insulin prior to exercise
Diabetes mellitus (Type 2)	Diet controlled or orally medicated and no CHD. Referrer to advise on modification of insulin prior to exercise (if insulin dependent)
Hypercholesterolemia	Diagnosed and stable
Hypertension	Diagnosed and stable (<180/100 mmHg prior to referral)
CHD/angina pectoris	Stable, no MI
Any other stable and controlled, mild-moderate health condition, where physical activity will likely be of benefit	Suitability for ER at discretion of referrer. Acceptance of referral into local scheme at discretion of ARC. ERI must possess, or be guided by another ERI, with specialist condition specific knowledge.

The current National Occupational Standards (NOS) for ER state instructors must be knowledgeable about the medical conditions listed above. These conditions form the basis of the 'gold standard' Wright Foundation Level 3 Diploma Exercise Referral Qualification.

*Acceptance of scheme participants younger than 16 years of age is at the discretion of the local ARC acting in accordance with local operational procedures.

****Red flags** are internationally recognised as precluding a patient from exercise referral in the case of SMBP, as they indicate the likely need for higher level care and/or intervention:

- Non-mechanical pain
- Thoracic pain
- Fever and unexplained weight loss
- Bladder or bowel dysfunction
- History of carcinoma (cancer)
- Ill-health or presence of other illness
- HIV
- Progressive neurological deficit
- Disturbed gait or saddle anaesthesia (loss of sensation restricted to buttocks and perineum)
- Age of onset <20 years or >55 years

***Exclusion Criteria/Absolute Contraindications**

- BMI <18.5kg/m² or >40kg/m²
- Symptomatic severe aortic stenosis
- Acute pulmonary embolus or pulmonary infarction
- Acute myocarditis or pericarditis
- Suspected or known dissecting aneurysm
- Active retinal haemorrhage
- Resting Systolic Blood Pressure ≥ 180mmHg / Diastolic Blood Pressure ≥ 100mmHg
- Uncontrolled / unstable angina
- Acute uncontrolled psychiatric illness
- Unstable or acute heart failure
- New or uncontrolled arrhythmias
- Other rapidly progressing terminal illness
- Significant drop in BP during exercise
- Uncontrolled resting tachycardia ≥ 100 bpm.
- Febrile illness
- Experience's pain, dizziness or excessive breathlessness during exertion
- Unstable/uncontrolled diabetes
- Unstable/uncontrolled cardiac disease
- Severe rheumatoid and osteoarthritis
- Any other unstable, uncontrolled condition

*Absolute contraindications taken from BACR (2006) Phase IV Exercise Instructor Training Manual & ACSM (2006) Guidelines for Exercise Testing and Prescription. List is not exhaustive.