

Contra-indication to community exercise: Exclusion criteria	Definitions & other relevant information
Asthma/Respiratory Problems/COPD	Where ventilatory limitation restrains submaximal exercise; Grade 3-5 MRC Dyspnoea Scale
Claudication with Cardiac Dysfunction	
Cardiac Disease	Unstable or uncontrolled
Uncontrolled angina	
Acute Coronary event/Intervention/Diagnosis including: <ul style="list-style-type: none"> • Stable Angina, • Myocardial Infarction, • CABG, • Valve Replacement, • Angioplasty, • Stent, • Heart Failure, • Arrhythmia 	< 6 months since acute event (referral to Phase III only) EXCEPTION – Referrals are accepted <6 months post event for clients NOT eligible for Phase III but are medically stable and with consent from GP/Cardiologist i.e Type 2 MI with no CAD present.
Unstable or acute heart failure	
Uncontrolled arrhythmia	
Severe stenotic or regurgitant valvular disease	
Hypertrophic obstructive cardiomyopathy	
Third degree heart block	
Acute aortic dissection	
Hypertension	Resting >180/110mmHg
Significant drop in Blood Pressure during exercise	
Acute myocarditis or pericarditis	
Acute pulmonary embolus or pulmonary infarction	
DVT	Within 6 months or more until thrombus has been clearly resolved on vascular imaging
Uncontrolled resting tachycardia	>100 beats per minute
Stroke/TIA	< 3 months since event
> 20% CVD risk in next 10 years	Multiple risk factors as defined by JBS2 guidelines
Uncontrolled visual or vestibular disturbances	
Uncontrolled Diabetes Type I or Type II (advanced)	With accompanying generalised neuropathy and untreated retinopathy
Recent injurious fall without medical assessment	Refer to Falls prevention programme: Falls Prevention - Healthy You
Orthostatic Hypotension	SBP falls more than 20mmHg or DBP more than 10mmHg within 3 minutes of standing.
Inability to maintain an upright posture in sitting position	

Psychiatric Illness/Cognitive Impairment/Dementia	AMT score less than 8
Osteoporosis with one or more fractures associated with low impact trauma	
Febrile Illness	

Exclusion criteria for exercise referral: Inappropriate referral	Definition
BMI <30 without an accompanying medical condition	<i>Overweight</i> not an appropriate reason for referral without an associated clinical diagnosis. For patients with a BMI 25-30 without an associated medical condition, refer to HEALTHY YOU: Tier 2 Weight Management Programme - Healthy You
General Fitness without an accompanying medical condition	<i>Deconditioned</i> without an associated clinical diagnosis is not an appropriate reason for exercise referral. For general fitness referrals, patients can self-refer to HEALTHY YOU Healthy You - improving health across Cambridgeshire and Peterborough
Under 18s	
Patients under the influence of drugs or alcohol	
Currently active	Meet the CMO guidelines of 150 minutes or more of moderate physical activity per week

Inclusion criteria for exercise referral – Health Professional referral always REQUIRED:	Definition
Stable angina	6 months post diagnosis
Myocardial infarction	6 months post event
Coronary Heart Disease	
CABG, Valve Replacement, Angioplasty, Stent, Heart Failure & Arrhythmia	6 months post-surgery/event/diagnosis
Stroke or TIA	3-12 months post event
Rheumatoid Arthritis	
Osteoporosis	BMD 2.5-4
Joint Replacement surgery	3-12 months post-surgery
Chronic back pain	Requiring CURRENT or RE-CURRENT medical intervention/treatment Eg. Physiotherapy
Cancer diagnosis	Clinically stable & treatment within last 12 months
Parkinsons Disease	
Multiple Sclerosis	
Dementia/Alzheimer's	
Spinal cord injury	
Brain injury or trauma	
Type 1 or Type 2 Diabetes	With poor self-management Eg. Frequent hypos or associated complications Eg. Neuropathy, Retinopathy, Kidney disease or foot problems
COPD or Severe Shortness of Breath (SOB)	

For all other long-term medical conditions, a health professional referral is unlikely to be required.

If in doubt as to whether a patient requires a health professional referral or can self-refer, contact the Exercise Referral co-ordinator by e-mailing: startup@cambridge.gov.uk or calling: 01223 458613.