



REACT Exercise Programme

CONTRAINDICATIONS



Health conditions that mean you cannot take part in REACT

ABSOLUTE CONTRAINDICATIONS TO EXERCISE AS PART OF THE REACT PROGRAMME:

- Uncontrolled or unstable health problems (e.g., angina, diabetes)
- Uncontrolled pain or feeling unwell on arrival
- Recently diagnosed cardiovascular events
- Systolic blood pressure $\geq 180\text{mmHg}$ & / or diastolic blood pressure $\geq 100\text{mmHg}$
- Resting tachycardia $> 100\text{bpm}$
- Uncontrolled atrial or ventricular arrhythmias
- Unstable or acute heart failure
- Lasting, increased pain following a previous session
- Suspected acute injury
- Recent injurious fall without medical assessment
- Severe breathlessness or dizziness
- Recent medication changes
- Uncontrolled pulmonary problems
- Inability to follow simple instructions to the extent that they place themselves and others at risk of injury
- Rheumatoid arthritis flare up or acute systemic illness/infection
- Unexplained lethargy.

