

CONFIDENTIALDate 4/7/22DOB 10/12/70

Energy Reflexology
anne hilarius ford
reflexology
orthopractic foot mobilization

Name: Doonee HodginsAddress 27 DARU AVE RUNAWAY BAY

Tel: AH _____

Mob 0407839145 Private Health Fund: N/AEmail address dooneehodgins@gmail.comMarital status: married

No of Children: _____

Emergency Contact: Mick HodginsTel number: 0408 764911Have you had reflexology before? ☒ Y ☐ NOccupation Retired teacherHow did you hear about me? Google ☒ Facebook ☐ Website ☐ Friend/family ☐ Other _____Desired outcome from session: Eventual relief / repair ofGP DR Kevin Roche

Last visit _____

Specialist N/A

Last visit _____

PRESENTING SYMPTOMS OR CONDITION:Principal diagnosis: L5 S1 Total Disc replacement due to

Presenting symptoms: prolapsed disc - 2014 - (Left)
Nerve dysfunction to the S1 motor nerve. Cannot
heel raise, foot pain & fatigue, cramping & tightness

Operations / Accidents in calf. Tender ankle, numbness
in heel. Cannot heel raise so walk with
limp -> foot pain & fatigue. - circulation

Current treatment - cold feet.
Remedial massage about every 3 weeks.

Current medicationMagnesium, cranberry.

Please tick all conditions you have now / have had:

☐	Abdominal issues
☐	Allergies
☐	Arthritis
☐	Asthma / lung conditions
☐	Blood clots
☐	Bone injuries (fractures)
☐	Cancer / tumours
☐	Chronic pain
☐	Depression
☐	Diabetes

☒	Fatigue (Chronic Fatigue)
☒	Feet problems
☐	Fertility issues
☐	Headaches / migraines
☐	Hearing disorders
☐	Heart, circulatory disorders
☐	Hernias
☐	High/low blood pressure
☐	Infectious disease
☒	Muscle/joint pain

☒	Numbness or tingling
☐	Phlebitis / DVT
☐	Pregnancy
☐	Rash, tinea
☐	Reproductive disorders
☐	Seizures
☐	Skin disorders
☐	Sleep disorder
☐	Stroke
☐	Vision disorders

work related injury - workover claim - disputed - buy = 1st
 1 foot feels 7 to R foot = numbness in heel. Pain when
 straight walking - stop, start OK
 orkotics since for 10 years. Calf tender to touch - heel is numb

LIFESTYLE

EXERCISE: type / frequency:

Pilates 3-4 times week / Pump (Weights x 2plw).

DIET: Vegetarian / low fat / vegan / eating programme balanced / other

Coffee/day: 3

Tea/day: 1

Soft drinks/day: nil

Water glasses/day: 5

Cigarettes/day: nil

Alcohol glasses/day: 3

Recreational drugs Y/(N)

Height/Weight: Average / under / over

Appetite: poor / excessive / normal

STRESS LEVELS:

work (L) 1 2 3 4 5 (H)

Home (L) 1 2 3 4 5 (H)

SLEEP:

Good Average Poor Hours/night

PAIN Chest

Flank

Abdomen

Lower abdomen

Lower back

Other

BOWEL

Frequency: daily

Hard / dry

normal

loose / wet

PERIODS

Last one, date: late June

Regular Irregular

Painful

Heavy / Light

Measure Yourself Concerns and Wellbeing (MYCaW)

Please write down one or two concerns or problems which you would most like help with:

Concern or problem 1: The issues with Left leg/foot nerve repair.

Concern or problem 2: Right elbow (tennis elbow)

Please circle a number to show how severe each concern or problem is now:

This should be YOUR opinion, no-one else's.

Concern or problem 1:

0 1 2 3 4 5 6

Not bothering me at all

Bothers me greatly

Concern or problem 2:

0 1 2 3 4 5 6

Not bothering me at all

Bothers me greatly

Wellbeing:

How would you rate your general feeling of wellbeing now? (How do you feel in yourself?)

0 1 2 3 4 5 6

Not bothering me at all

Bothers me greatly

Bladder - can reflexology help - frequency, leaking
eg when I sneeze.

I understand that in accordance with the scope and practice of reflexologists, as well as adhering to regulatory and statutory requirements, it is not the role of the reflexologist to diagnose injury or illness, nor to prescribe medicine.

Signature

J. Hodgins

Date

4/7/22

Kelbow - started ± 18 months ago, overstretched w Pilates
① knee white necrosis operation
Plantar fasciitis