

Subjective:
Intermittent wrist inflammation occurring every 3-4 months for past 1-2 years
Inflammation affects one wrist at a time, alternating between left and right
Pain severity: unable to lift cup when affected
Duration of episodes: 3-4 days
No specific triggers identified: occurs spontaneously, not consistently related to sleep position or gym activities
No radiating pain
No stinging or numbness
Reports tendon damage to finger from previous glass cut injury
Currently under care of hand physiotherapist since 19/12/2024 for finger tendon injury
Previous consultation with hand surgeon confirmed no nerve damage
Previous GP prescribed meloxicam for 4 days during episodes with good effect

Past Medical History:
On rosuvastatin for cholesterol management (preventative)
Previous back injury approximately 1 year ago

Current Medications:
Rosuvastatin (taken at night)
Vitamin D 3000IU daily
Fish oil 2000mg daily
Men's multivitamin (Swiss brand)

Investigations:
Blood tests: normal inflammatory markers, normal uric acid
Normal B vitamin levels
Normal vitamin D levels (previously required vitamin D injection)

Objective:
Currently no active swelling or inflammation in wrists
Last episode: 2-3 weeks ago
Duration of last episode: 3-4 days
Previous episodes characterised by swelling and pain

Assessment:
Recurrent wrist inflammation of unclear aetiology
Previous blood tests exclude rheumatoid arthritis and gout

Plan:
Recommended X-ray and ultrasound to investigate underlying cause
Prescribed herbal tonic for pain management during episodes
Advised to monitor temperature of affected area and fluid accumulation during next episode
Recommended CoQ10 supplementation due to statin use
Recommended increase in magnesium supplementation to 400-600mg
Dietary modifications discussed:
Reduce beef consumption
Use Australian certified olive oil for cooking
Treatment plan and anti-inflammatory diet guidelines to be provided
Follow-up appointment to review effectiveness of interventions

Additional Notes:
Educational materials to be provided regarding DASH diet for heart health
Natural Chemist herbal tonic prescription to be arranged