



KATHY PIGDEN REMEDIAL MASSAGE & BOWEN THERAPIST

8th February 2025

Dear Doctor,

I first saw Carol on the 7th of January 2025 for a Bowen Therapy treatment after suffering pain since October 2024. Her pain levels fluctuated from 5-8/10, or on a bad day 10/10, in her L & R Gluteals, L & R hip-flexors and L & R Quads. The pain exhibits on one side but moves to the other side for no known reason.

She has attended 5 Bowen Therapy treatments with me and she has experienced great improvement in L & R Quadriceps Femoris. Her Gluteal and hip-flexor pain levels are between a 5-8/10 (no more 10/10 pain). I am concerned she's had little improvement in her Gluteal and hip-flexor pain.

Alongside this pain, Carol finds she gets very stiff and struggles to walk one block from home or get up stairs but has no issue getting down stairs. Many of her joints have limited ROM, not helping the situation. There have been times when she's been under the impression she should avoid movement when in pain, but I've explained the benefits of staying active.

While Carol has some hesitation about the benefits of a physio plan and concerns about being influenced toward potential surgery, I encourage her to seek a professional diagnosis. I also recommend including both you and a physiotherapist in her health plan to ensure she receives well-rounded care.

From my discussions with Carol, she would like us to collaborate on her health plan. If this interests you, and Carol would still like to go ahead, I will take guidance from you and her physiotherapist on where to focus my efforts.

Please don't hesitate to reach out to discuss further.

Warm regards,



KATHY PIGDEN REMEDIAL MASSAGE & BOWEN THERAPIST

Kathy Pigden