

Paid on MFA 4 wk round

Kim G. follow up

14/2/25

Skin tightness - back + torso

- osteo on Wed. -> worked on ribs + pelvis
- likely from shingles she thinks
- opted out on injection SI / anesthetic - for sciatic / sacro iliac nerve.
- ? MS worse
- Feet feel tight. - 'Pulling them back through med
- Taking lycra + Baclofen.
- + 15min remso relief

This wk Diverticulitis flare + UTI
taking amoxil clav. 875/125mg BD
eased pain

① sided pelvic pain, difficulty passing urine

Shingles affects bowel + bladder
Take supplement - Metagenics for bowel to
avoid constipation

Powered wheelchair - needs assistance to
t/f. needs lx assist to stand. + weight bare
on ① leg.

Everything worse since May 2024 - Post Shingles

"Dependant"

Depressed lately - over discomfort, tightness
15min remso - calms tightness - wants to be put
on a rack + stretched.