

Chris Turvey - Eng. 19/3/25

Inflam + Pain

Hip dysplasia
(cortisone
sx hip surgery)

herniated + Slipped disc

Pickleball.

"Back"

L5/S1 disc bulge 6 wks ago

Born hip dysplasia (L-side) 12yo first surgery of S → R-side too.

High level tennis throughout.
Lower back + pelvic region

1 1/2 yrs ago pickle ball - night
shooting pain up back
← turning R. → dry needles
+ myofascial therapy

House sitting around Aus.

22/03/25 → playing petanque court
R-side full stretch leg ~~the~~
slipped hyperextension -
heard "pop" in back.
Constant ache then

lower back across + glutes rock (2)
solved w. spasm + throbbing

Satbed in subsequent weeks — played flower arrangement.

Constant sciatica + glute pain.

2/4 → another town — a met
— ok — then fly — nerve pain
— next day couldn't get
out of bed.

Check scans.

Now still spasm + throbbing esp in
morn'g when standing up out of bed.

Pain Mt

Inflamm

+ Disc
+ Nerves

Minimal spinal lower
back pain

Main issue: sciatica nerve
side gett'g trapped — constant
ache + tingling + throbbing
glutes + tops of hamstrings.

Sitting at desk about
half day

Pass. 1st disc bulge as seen but
pass thoracic w/ some
pain. Had to stop playing for while.

History of anti-inflammatory
+ steroid inj'n ± 17/18yo (cortisone
in hip) (3)

Generally - can't cross legs
but can touch floor.

< Twist, torsion, turns
at lateral up/down stretch

[Data]

M/E - yesterday toughest day
- flat road < pain

~~fatigued~~ - fatigued w. pain

Generally emotionally
even/feels balanced.

Gen. health as child/teen
ok other than hip issues.

10-17 was overweight - very
self-conscious because
of not being v. weight conscious.
Didn't have great diet as teen
but Depression in Yr 12 lost
sleep & not eating.

Hips/Self-conscious/
Weight

Lost Dad 5 yrs ago - very
traumatic - cancer in final
stage cancer. Was close
to Dad. Miss him [Grief]

(± 1-on-1 chat 1/mo - th) mom in Melbourne.

Never really clicked with Mom. (4)
even since childhood.

Mom stayed home & Mom - she
had depression in her early 20s. Mom ~~wasn't~~ right
+ ~~resentful~~ of this.
Hard to make a connection
while she's closed off.

Dad easy to connect to.

→ Never safe to connect w. her.

Older sister (surs) - nice relationship
- not best friends but good
support to each other but diff.
people.

Sinfree (2 yrs) - felt right from
start - both ~~best~~ comparable +
building own bus (Key).

- Always guarding hips - very
tight hip flexors + psoas.
feet scarred from surgeries.
- Body in age still on mind
more than should "gross"
- Cycles of low energy since Dad's
passing - [Blue?].