

Condition Assessment

Client Name: Anne O'Connell

Date: 18/1/23

Reason for visit/Update:

Had first 1 hour private yoga class immediately before treatment.

Discussed BPPV – advised to google eye exercises and if this is not effective to contact a physio. Referred to Helen Western.

Requested referral to Dr Lily Thomas, provided details.

Advised she is recently connected to a diabetes educator and an exercise physiologist.

Advised pain in area of piriformis sacral attachment and travelling directly down into buttock.

L shoulder (not replacement, with rotator cuff issue) is sore.

Location:	
Onset: (How)	
Duration: (Constant vs fluctuating)	
Quality:	
Severity: (1-10 / sleep)	

Official diagnosis, scan or report: Yes/No

Radiating pain: Yes/No

Pain relief or relevant medication: Yes/No

Current exercises/sports/activities: Yes/No

Contraindications: Yes/No

Physical Assessment Performed and Results:

Post Treatment:

Suspected Condition/Presentation:

Treatment Plan

Consent Provided: **Yes** / No
Prone: buttocks through towel and with oil, back and shoulders – emphasis on L.

Treatment Observations

Client appeared to be sensitive to pain, experienced pain in sacral attachment piriformis, lateral glut med, proximal TFL and distal glut max, around hip joint. Possibly worse L side.
Terres major tender both sides.
Suspect the treatment was overall quite painful despite light pressure applied, she looked done when she left.
Second yoga private booked for 2 weeks time, no follow up massage at this stage.
Call in 1 week to check in

Follow Up and Advice

Practitioner: Sarah Davis