

Appointment note

Sat 22 Feb...

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12:00

Subjective:

- Presenting concern: Left buttock pain radiating down thigh
- Onset: Mid-December
- Pain characteristics:
  - Initially in calf
  - Progressed to thigh and lower left back
  - Aggravated by sitting, sneezing, blowing nose
  - Discomfort when moving from standing to sitting
  - Difficulty getting comfortable in car
- Previous treatments:
  - GP consultation
  - Paul Woods (2 visits)
  - Chloe Hay (osteopath) - 5-6 sessions
  - Dry needling and cupping
  - Treatment duration: ~6 weeks
- Investigations: CT scan - small foraminal narrowing at L5

Objective:

- Anterior pelvic tilt noted
- Limited forward flexion (reaching knees only)
- Reports tight hamstrings, historically unable to touch toes

Treatment Plan:

- Massage therapy to address:
  - Lower back tension
  - Hamstring tightness
  - Pelvic alignment

Interventions:

- Soft tissue massage to lower back and hamstrings
- Gentle stretching within pain-free range

Evaluation:

- Jason reports slow but gradual improvement with previous treatments

Plan for Continuing Care:

- Recommend regular massage sessions to complement ongoing treatments
- Home care advice:
  - Proper lifting techniques (bending knees, not twisting)
  - Gentle stretching exercises as tolerated

Additional Notes:

- Occupation: Senior fireman, truck driver
- Work involves driving on bumpy roads
- History of athletics and football, notes always had limited flexibility

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