

Appointment note

Wed 19 Feb...

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16:00

Subjective:

- Lower back pain radiating to knee
- Pain in glute medius
- Mid-back discomfort
- Difficulty sleeping due to pain
- Using ice on affected area
- Taking Panadol, not providing significant relief

Objective:

- Bruising noted from sitting
- Tenderness in glute medius area
- ROM in in torso tight and restricted on both sides.

Treatment Plan:

- Massage therapy focusing on lower back and glute area and neck
- Pressure adjusted based on tolerance

Interventions:

- Applied pressure to glute medius
- Massage to lower back area
- Upper back massaged & trigger point therapy, into rhomboids and inter scapular
- Neck stretch release.
- trigger point to ischial tuberosity

Evaluation:

- Reported pain during pressure application to glute medius
- Some relief noted with massage

Plan for Continuing Care:

- Continue with ice application
- Consider alternative pain management if Panadol remains ineffective
- Drink plenty of water
- Showed client psoas stretch, peck stretch.

Additional Notes:

- Advised to communicate if pressure becomes too intense during treatment

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