

Jasmine Langlands - Canning Healthcare  
Sat, 30 Aug 2025 8:00 am

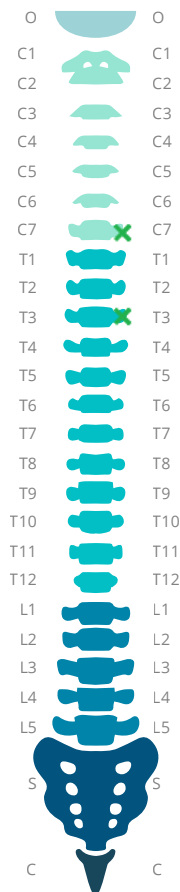
**Priority:**

Pain worse with cold; lower back focus, down through glute, down to ankle; focus BL-  
Left ITB pain for last week.  
GP prescribed cortisone tablets - 1wk; last bloods showed inflammation markers doubled again.  
Rheumatoid factor dropped within normal range;  
MRI booked tomorrow for right elbow.  
External rotation right elbow - not as far as left; tension through right bicep; SJ point painful to press.  
Rheumatoid factor had always been at 30; never increased; previous - Dr. Rob Langlands didn't consider RA.  
Unable to take anti-inflammatories with current medications.  
How else to manage inflammation in body? Discussed diet; increased frequency of acupuncture; smoking cessation.

Lancet to ear apex RHS - monitor for change to right elbow.

Oxyguard: replace Bioactivated Mg, compare; 1 bid

## Dorn Spinal Therapy



## Bowen Therapy Procedures

BRM 1, BRM 2, BRM 3, Kidney, Pelvic, Upper Respiratory, TMJ, Headache, North, West, Scapula, Elbow / Wrist, Forearm, Other - right bicep; noted tension right bicep tendon ++

Reassessment of ROM:

Reassessment of pain/stretch: