

Jasmine Langlands - Canning Healthcare
Sat, 7 Jun 2025 8:00 am

Priority:

Recent bout of gastro; ball at bottom of sternum - previous episode food poisoning. Monday - even vomited in bed.

"Talking in tongues" - knew what was saying but came out as nonsense.

Stopped prednisone 1 week ago; now only hydroxychloroquine.

Same thing happening as last time finished prednisone - lower back pain and right elbow (isolated/sharp pain) - morning and evening; and neck. Neck pain drives desire to resume prednisone.

Concentrated RHS.

"Unable to get to it" - notices with cervical extension more than flexion; retraction - feels both side.

Last night - felt like 'gout' pain along forearm into SJ-4 RHS; pressure SJ-4 eased ache.

Had taken Disprin for neck - usually works; took paracetamol and ibuprofen; worked after ~1hr; eased

Vacuuming car aggravated.

Started taking probiotics post gastro; some from chemist at hospital; chemist advised minimum 5 wks.

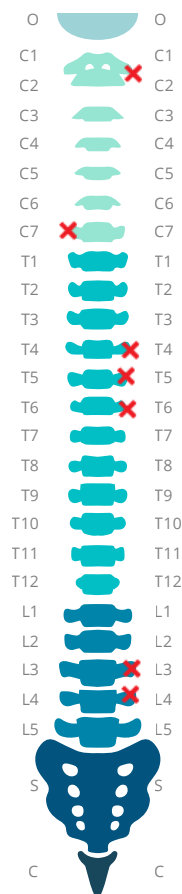
Stopped omeprazole - seemed to have opposite effect.

Taking yoghurt as well; burning pain into sternum - "like I'd taken tablets and not eaten anything." Few mouthfuls of yoghurt settled pain.

Panadol and nurofen PRN (not regularly).

Range of Motion:

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 - spinal release; iliacus;