

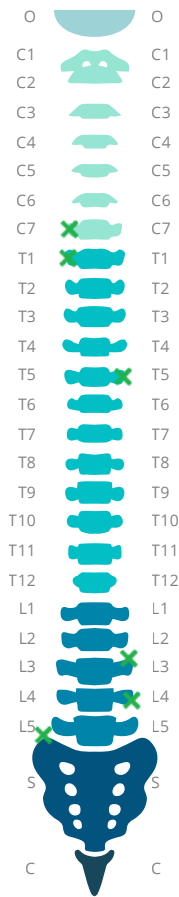
Jasmine Langlands - Canning Healthcare
Sat, 11 Oct 2025 8:00 am

Priority:

Feeling stiff this morning from cold weather.
Uric acid level normal; telehealth with GP. Inflammation has dropped again - previously up to 80, now around 40 (still high). Booked with OT hand specialist in Rockingham - 23.10.25.
Once arm /elbow sorted, feels able to get back to physio.
2 rheumatoid medications brought rheumatoid factor into normal range; has brought back in normal range in 3 months. Due to see rheumatologist 04.11.25.
Elbow still hurting - considers must be other than rheumatoid arthritis.
Short course prednisolone didn't help elbow; noticed change to lower back and hip only; neck became worse.
Using Traumeel occasionally with elbow; advised to increase 3-4x/day.

Applied Traumeel cream to right elbow; noticeably warm and swollen around LI-11.

Dorn Spinal Therapy



Bowen Therapy Procedures

BRM 1, BRM 2, Sacral Extra, BRM 3, Kidney, Pelvic, Upper Respiratory, TMJ, Headache, North, West, Scapula, Shoulder, Elbow / Wrist, Forearm