

**Medical Warning**

Abdominal organs (not reproductive, not heart) in reverse positions (situs inversus).

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**Reminders/Notifications**

Ponstan - prn (Mefenamic acid; NSAID)

Historical:

Premular 18/07; review in 3 months (18/10)

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**Jasmine Langlands - Canning Healthcare**

Tue, 4 Mar 2025 1:10 pm

**COMMUNITY ACUPUNCTURE**

Walking long periods - lower back aches; considers due to posture.

Noah (eldest son) - recently been to physio - tight hamstrings, curve at back of spine; considering physio/exercises to strengthen

Discussed bridging to build up glute strength / encourage muscle engagement.

Neoclassical

Element: prefers Branches style

Branches:

- L: LR, SJ
  - GB-34 R
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