

Medical Warning

Reminders/Notifications

Clonac (diclofenac sodium) - 2/day; doesn't need during day, so doesn't take
Palexia tapentadol - for sleep

Jasmine Langlands - Canning Healthcare

Sat, 1 Nov 2025 10:45 am

Subjective:

GP pain relief and cortisone injections; heat packs.

Ovarian cysts;

Mild central canal stenoses at L3-4 and L4-5.

Moderate OA of SIJ.

Still not resting at night; GP advised to not get out of bed. Lays down - tries to lay flatter.

Aches into left SIJ; as soon as sits, pain is gone/relieved.

Struggles to sleep until 2nd dose panadol osteo 3-4am; slept until 9am today.

Pain uncomfortable, not excruciating.

Continuing PEA and collagen.

Neoclassical

Element: LLQ

L: LR, PC,

R: LR

- Dx: LR-8 left > LU-9 right > left SP Tribe
- Rx: SP-3.5 L

Left the room. Provided buzzer.
