

Condition Assessment

Client Name: Anne O'Connell

Date: 6/12/22

Reason for visit/Update:

Lower back, piriformis, L shoulder
Reported BPV, experienced whilst in bed. Doctors don't seem to be worried about it.

Location:	
Onset: (How)	
Duration: (Constant vs fluctuating)	
Quality:	
Severity: (1-10 / sleep)	

Official diagnosis, scan or report: Yes/No

Radiating pain: Yes/No

Pain relief or relevant medication: Yes/No

Current exercises/sports/activities: Yes/No

Contraindications: Yes/No

Physical Assessment Performed and Results:

Post Treatment:

Suspected Condition/Presentation:

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Treatment Plan

Consent Provided: Yes / No Prone: buttocks through towel (20 mins) Lower back, L shoulder and interscap.
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Treatment Observations

Anne very sore all over today, both gluts, upper traps, infraspinatus. Used breath well to manage, pressure kept light. Anne talked about not doing any of her exercises and finding it boring.

Follow Up and Advice

Suggested googling exercises for BPV Suggested yoga private – class booked

Practitioner: Sarah Davis