

Medical Warning

Reminders/Notifications

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

Form completed
Wed, 8 Oct 2025 5:13 pm

First Visit - Acupuncture/Bowen

Occupation
retired

How did you find us?
Friend/Family - stella riley

What health concern would you like to address? (If more than one concern, please list in order of priority).
scatic nerve pain in buttock

Previous treatment/s for this condition (e.g. physiotherapy, chiropractic, occupational therapy)
chiropractic

How long have you experienced this issue?
2 months

How severe is the pain you are experiencing, when it is at it's worst?
7

How much is your pain affecting your daily life?
6

Are you taking any medications or supplements?
Yes

Please list all medications / supplements you are taking (including oral contraceptive pill and any over-the-counter medicines like Panadol, Zyrtec, quik-eze).
Clonac (diclofenac sodium) and Palexia tapentadol

Have you had any surgical procedures, implants (e.g. pacemaker, mesh) or major illnesses? It's very important you advise us of any abdominal surgeries especially, as this will affect your treatment.
No

Have you had any major injuries or motor vehicle accidents?
No

Screening

Do you have a blood transmissible disease?
No

How much water do you usually drink per day?
2 litres

How many coffees do you usually drink per day?
3 to 4

How much alcohol do you consume per week?
0

Do you have any dietary considerations? e.g. vegan, Halal, coeliac
Not Supplied

Please advise any known allergies or sensitivities (e.g. shellfish, latex, bandaids)
Not Supplied

Do you have a history of smoking or vaping? If you are currently smoking, how many cigarettes do you have per day?
0

Do you exercise? Please describe what you do and how often.
30 min walk a day.

Please describe your periods (if applicable), including any related diagnoses (e.g. PCOS, endometriosis, fibroids), cycle length (e.g. 28 days) and length of bleed (e.g. 5 days).
Not Supplied

Family History - please list any family history that may be relevant (e.g. heart disease, cancer, diabetes)
Not Supplied
