

## Medical Warning

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## Reminders/Notifications

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

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## Jasmine Langlands - Canning Healthcare

Thu, 30 Oct 2025 11:30 am

### Subjective:

Saturday was in a lot of pain from Dorn, but felt much improvement.  
Started doing exercises - went to lift left leg, felt like nerve "snapped." No burning, numbness, pins and needles  
Sitting is fine, lying is difficult.  
Feels hopeful will be ok for operation in December.  
CT results from GP tomorrow.  
Has started taking Panadol Osteo - finds better than regular Panadol.  
Wanting to trial reducing PEA to 1 in afternoon (drop morning dose); continuing with Clonac and Panadol at night.

### Neoclassical

Element: none

R: Lr

L: PC

- LR-8 left better > LU right better > left SP Tribe
- SP-3 L

D: L3-5 R.

*Left the room. Provided buzzer.*

Prescribed: DFH Complete Joint Collagen; 1 scoop bid

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