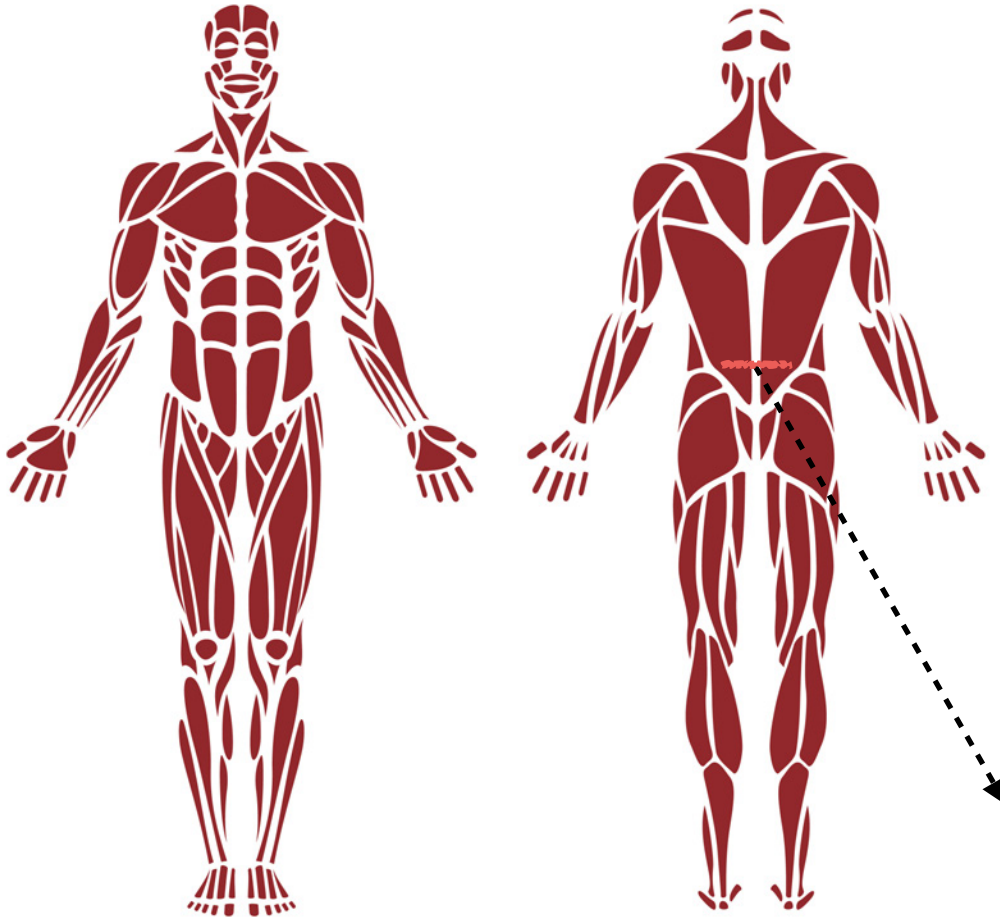


**Client Name:** Robinson, Iain

**Date:** 27/11/2016

**Client ID:** RI1205620216



## 24 Hours:

### ▷ Sleep

- Undisturbed

### ▷ On Waking

- Pain less on waking

### ▷ On Rising

- Pain less on rising

### ▷ Day

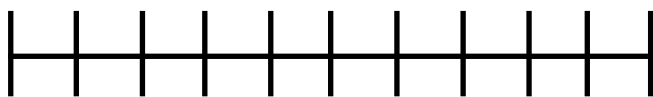
- Pain rises through day

### ▷ Evening

- Pain worse in evenings

- Dull ache

- Intermittent



0 1 2 3 4 5 6 7 8 9 10

No pain



Worst pain

## Behaviour of Symptoms:

### ▷ Aggravates

- Prolonged sitting at desk (3+ hours)
- Increased bending (i.e. picking up items from floor)
- Twisting while bending

### ▷ Eases

- Walking or swimming
- Paracetamol or Ibuprofen
- Foam rolling on lower back

## Special Questions:

- No numbness or tingling or strange sensation in lower back or down either leg
- No referred or unremitting pain into either leg or foot
- No bladder trouble

**Client Name:** Robinson, Iain

**Date:** 27/11/2016

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## Present Condition:

- Lower back pain

## History of Present Condition:

- About February 2014 started noticing stiffness in lower back when seated at work, but only intermittently
- Pain in lower back gradually increased to daily discomfort, primarily at work
- No recollection of traumatic incident causing low back pain, no prior issues with low back pain
- Low back pain over the last 4-6 months about the same, no progression or regression in pain levels
- Received sports massages 5x lower back (April 2014, June 2014, July 2014, January 2015, March 2015)
- GP visit January 2015 - Referred for MRI scan (Western General), advocated pain relievers (paracetamol and ibuprofen when needed)

## Past Medical History:

- ▷ **Thyroid Problems?** - Nil
- ▷ **Heart Problems?** - Nil
- ▷ **Rheumatoid Arthritis?** - Nil
- ▷ **Epilepsy?** - Nil
- ▷ **Asthma/Respiratory Disease?** - Nil
- ▷ **Diabetes?** - Nil
- ▷ **Medical Steroids or Major Surgeries?** - Nil

## Medical Drug History:

- Ibuprofen (25mg) as needed
- Paracetamol (50mg) as needed

## Social History:

- Accountant (8-hours/day, Monday-Friday), primarily prolonged sitting at a desk
- Cycling to work 3-4days/wk (approximately 25 minutes)
- Occasional swim (1x/wk, about 30min)
- Occasional hike (1-2x/month) approximately 4km
- Irregular walks after work (1-2x/wk, approximately 2km)

## Investigations:

- MRI scan on lower back (September 2015), no significant findings reported

Worries/Anxiety - Worried that lower back pain has not gone and may get worse if not treated

Perceptions - Not sure what has caused the pain and believes may be work related

Quality of life - Slightly decreased quality of life because of pain

## Agreed Client Goal and Review Date:

- Improvement in VAS pain scale from 4/10 to 2/10 in 6/52 (6-weeks)
- Integration of lower back, abdominal and posterior chain (hamstring, glutes) strengthening exercises
- Review again in 4/52 (4-weeks)