

Physiotherapy note

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Patient ID	P011	Document ID	P011-D07
Date	2026-08-31	Type	Physiotherapy note
Author	Physiotherapy	Recipient	-

Community Physiotherapy

Physiotherapy Note - Initial Lumbar Rehabilitation Assessment

Patient: Liam Brooks

Date: 31 August 2026

Time: 3:00 pm

Clinician: Physiotherapist

Service: Community Physiotherapy

Encounter: Initial assessment

Reason: Lumbar radicular pain rehabilitation

Background

Mr Brooks is a 60-year-old man who is independent and employed in a warehouse role. His chronic conditions include chronic kidney disease stage 2, hypertension and lumbar spondylosis. Current medications are losartan 50 mg once daily and paracetamol as required. Naproxen has been ceased. No known drug allergies.

Recent relevant history

- Repeat renal function test on 21 August 2026 showed creatinine improving toward baseline; renal function recovering after naproxen cessation.
- Lumbar MRI on 24 August 2026 showed degenerative changes, no cauda equina compression and no destructive lesion; reported as no urgent surgical pathology.
- GP review on 26 August 2026 noted pain persisted but there was no new neurological deficit. The GP recommended a non-NSAID pain plan and commencement of physiotherapy.

Assessment

Initial physiotherapy assessment completed for lumbar radicular pain rehabilitation. Conservative management is underway.

Care provided

Home exercise program commenced.

Medication changes

None at this encounter.

Plan

- Continue the home exercise program.
- Continue conservative physiotherapy management.
- Physiotherapy program remains outstanding, due by 30 September 2026.