**Case #1 – *for 1st year students***

 

**History**:
34 y.o. female with complaints of LBP, worse recently after giving birth.

**PMHx:** depression, anxiety, prev. L ACL reconstruction

**PAIN:** across low back

 3/10 now, 6/10 worst, 1/10 best

**AGGS**: sitting for long periods, driving, picking things up from ground, lifting new born from crib
**EASES**: lying down, sometimes walking

|  |  |
| --- | --- |
| **Additional Questions to ask pt** |  |
| **Differential Dx List** |  |
| **Objective Exam Planned MUST Include** |  |
| **Possible Interventions** |  |

**Case #1 – FOR TA’s**

**Additional info for TA’s:**

**Nature**: achy, dull

**Irritability:** pain will linger for about an hour when it gets really bad

**Social Hx:** lives with partner, newborn, 2 dogs in a 2-story town house with stairs to enter and within the home; works as interior designer

**Previous PA**: triathlete but only walked during pregnancy because she wasn’t sure if it was safe for the baby during pregnancy

**Birth Hx:** first birth, c-section, hasn’t noticed a change in B/B, no complications, current breastfeeding infant and is thinking about switching to formula

**History**:
34 y.o. female with complaints of LBP, worse recently after giving birth.

**PMHx:** depression, anxiety, prev. L ACL reconstruction

**PAIN:** across low back

 3/10 now, 6/10 worst, 1/10 best

**AGGS**: sitting for long periods, driving, picking things up from ground, lifting new born from crib
**EASES**: lying down, sometimes walking

|  |  |
| --- | --- |
| **Additional Questions to ask pt** | Did you have a vaginal delivery or c-section? Were there any complications with the birth? Is this your first birth? Are you experiencing urinary or fecal incontinence? Postpartum mood? Breastfeeding positions? Lactation status? Physical activity level before pregnancy and during pregnancy?  |
| **Differential Dx List** | Pregnancy-related LBP; SIJ; referred pain from hip; pelvic girdle pain  |
| **Objective Exam Planned MUST Include** | Vitals; A/PROM (back, hip, SIJ); observation/posture assessmentNeuro Exam Strength BalanceGait Special Tests |
| **Possible Interventions** | Lifting MechanicsPostural educationCore Stabilization LE Strengthening  |