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SOAP Notes.**Subjective.**

Feels guilty when takes time for herself.

Pain in joints: elbows, right hip, neck. Considering Tenex procedure on elbows.

Anxiety easing after moving to a new town three years ago. Still misses her friends.

Stressed, mostly around parents health & aging; living far away from them.

Taking care of her grandson brings her joy, fulfillment, and sense of purpose.

Sleep routine. Has found a way to effectively fall asleep: reading in bed before sleep.

Wakes 2-3 times per night & usually returns to sleep shortly after.

As child was a "people pleaser."

Fear of flying, takes Ativan as needed.

Energy levels returning as recovers from tennis elbow.

Feeling reactive, associates with stress levels.

Pain level now a 2, except when elbows (especially RT) are aggravated for overuse.

Hand grip improving with use of therapeutic putty.

Self care: monthly massage, walking 4-5X/week.

Client's goal is to be proactive in heading off stress escalation.

Objective

Medical diagnosis for situational anxiety. Panic attack 2013.

Osteoarthritis in elbows due to anterior radio capitellar joint space loss.

Bone spurs, RT hip.

Recovering from bilateral epicondylitis.

Family history of anxiety-her father.

Had an ulcer as a child.

Takes time every day for a supine restorative backbend to open shoulder area.

Assessment.

Tense, stiff, limited ROM.

Shortened gait.

Kyphosis, possibly contributing to neck pain along with osteoarthritis.

Pain primarily on the right side.

Limited external rotation of RT leg at hip joint, lateral bending, head rotation, & hip flexion.

Tension while breathing, especially in upper chest, neck, and shoulders.

Focusing on belly expansion & contraction accessible & understandable to her.

Does not feel the breath on side body or lower back.

Plan

Focus on stress reduction and self-care.

Celebrate the self-care she currently does. Look at her schedule weekly to see where she may be able to fit in additional self-care to build upon what she already does. Choose things she enjoys and will look forward to: floating in the pool, soaking in the tub.

Some gentle stretches and joint freeing movements to address stiffness and tense muscles.

Restorative yoga.

Breath awareness. Focus on the exhale: let it linger. Take time to notice.

Find some short practices she can fit-in every day and one that'll be longer to do weekly

Motivate with her purpose in life: to benefit her fellow man. Taking care of herself benefits her family.

Salient Points from Intake, and Physical and Breath Assessments.

The client presents eager and anxious, unsettled in her seat with persistent movement. Looks fatigued.

The stress of caring for her parents is the greatest stressor in her life at this time. Her parents live about a five hour drive from her home. She has made the trip 20 times this year . Each trip related to an injury, surgery, or other medical needs. She juggles these trips with caring for her grandson which she finds uplifting and joyful. She takes on the role of educator for him as well, teaching him age appropriate skills.

The client is recovering from bilateral epicondylitis, tennis elbow. There is arthritis in her right elbow as well. After steroid patches and physical therapy, her pain is much reduced and she is returning to more activities she enjoys. Her right hip and lower cervical spine are painful due to arthritis.

She was diagnosed with situational anxiety in 2021 and was treated for a panic attack in 2013. Though she has an effective sleep hygiene schedule and routine, her sleep is interrupted, waking 2-3 times a night. Sometimes goes to bathroom when awakens in the night. Typically returns to sleep shortly after.

She grew up in an anxious household. Her father is an anxious person. Her daughter has been diagnosed with anxiety. She would like to keep her grandson anxiety free.

She is feeling reactive without strategies and skills to manage her stress level proactively. Her close relationships with friends and family help to relieve the stress she feels. Talking and being together with them is comforting.

She has come to see that it is time for her to focus on her own needs, her own self-care. Currently she walks 4-5 times per week, gets a massage once a month, and practices a restorative pose to lengthen and open around her shoulders. She finds water to be a soothing element. She is curious about continuing education classes offered at a nearby university.

Her self-stated understanding of why she is here, alive on earth is “To help our fellow man.” Her personal one-to-one relationships fulfill this life purpose. She and her husband fostered a teenager during her final high school years. This young woman is now a grown woman, still a part of the client’s family.

The client has a strong religious faith, raised in the Catholic tradition, and attends church regularly with her husband, daughter, son-in-law, and grandson.

**Possibilities for Care Plan.
Shared with the client.**

Continue the self-care she already practices.

Motivator: She is modeling self-care for her stressed daughter and can teach her grandson some tools as well. She can practice the seated joint freeing series with her mom.

Restorative yoga. Stick with it. She can incorporate extended exhale breathing while in the restorative pose/poses.

Motivator: She is training her nervous system to find calm, beginning to operate from a place of greater calm and clarity.

Additional suggestions.

Weekly self-care she loves.

Taking an Epsom salt bath in atmosphere she creates.

Going for a float and swim in her cousin's pool.

Online Resources Provided to the Client.

Joint freeing series.

Ann Swanson, Joint Freeing Series: in a chair and lying on back

<https://www.youtube.com/watch?app=desktop&v=dV6D9kgeAfY>

<https://www.youtube.com/watch?app=desktop&v=xYuLL21CIUw>

Present moment awareness with five senses.

Five sense awareness practice to return to the present moment.

<https://mindfulnessexercises.com/awareness-of-the-five-senses/>

Relevant yoga and anxiety supporting research and background information.

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