

Case-Based Discussion

12th January 2022

Case 1

John (27) originally presented in November 2021 with 'SIJ' pain of 2.5 month onset, which came on gradually over weeks. Really bad when he went to do press ups. He went to a physio 3/52 - who diagnosed SIJ with sciatic pain, did acupuncture and massage which helped for an hour or 2 and back to same or worse. Physio recommended trying osteopathy. I saw no SIJ issues, and was unable to provoke the pain during appointments. The pain seems to centre on the ischial tuberosity moving down lateral hamstrings. He is slim, well muscled, with extremely tight glutes.

I've now seen John 3 times. He says treatment doesn't help, but comes back. Had had a repeat appointment booked, but cancelled -saying "Feeling better".

The problem got worse with 1.5 mo resting, and is aggravated by sitting at his desk. (He is desk-based.)

No significant medical history. He has some elements of hypermobility.

Issues:

What was the 'tissue causing symptom'...

My concern is/was the level of painkillers: he's on codeine and naproxen, but says they are not touching the pain.

I discussed central sensitisation with him. He was open to the idea... but absolutely not willing to talk about coming off painkillers

He asked if he could return to activity – I was reluctant to encourage this when he was on so many painkillers. Was I wrong?
It seemed he only needed to chat to his GP to get a new prescription. I felt uneasy with that.

Something was ringing alarm bells...