

Ridgeline Exercise Physiology

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Medicare report to GP, first service

Patient: Jordan Example · Service date: 12 March 2026 · Report date: 18 October 2026

Dear Dr A Example,

Re: Jordan Example

Date of birth: 14 June 1970

Medicare number: 2000 00000 1

Referring GP: Dr A Example

Reason for referral: Chronic low back pain, chronic condition management referral

Referral date	Item	Sessions referred	This session	Remaining	Valid until
1/3/2026	10953	5	1	4	1/9/2027

Assessments and results

Subjective:

Back pain four out of ten with sitting beyond 30 minutes and lifting. Wants to garden and lift grandchildren.

Objective:

Lumbar flexion to mid-shin with end-range pain. Hip extensor and trunk endurance reduced.

Measure	Result (12/3/2026)	Unit
Modified Biering-Sorensen hold	38	s
Five Times Sit to Stand	13.6	s
6-Minute Walk Test	440	m

Clinical impression:

Deconditioning and reduced trunk endurance drive the pain.

Treatment provided

Exercise prescription: Graded trunk endurance and hip hinge program.

Education: Pain education on hurt versus harm, and pacing for flare-ups.

Home program: Daily walking to 30 minutes; trunk holds three times a week.

Recommendations for future management

Continue the graded program over the remaining sessions.

Frequency: Once a week

Duration: The remaining four sessions over eight weeks

Referrals: None at this stage

Yours sincerely,

Mia Torres

Signature

Name	Mia Torres
Title	Accredited Exercise Physiologist
Accreditation number	AEP-4417
Date	18 October 2026