**[Video - Subjective Interview]**

**Audio script:**

**Subjective Interview:**

Physio: Hi, Mrs Andrews, my name is Rachael I’m going to be your Physio today, I have received a letter from your GP about pain in your elbow

Patient: Yes that’s right

Physio: I’m just going to an assessment today so I’m going to ask you quite a lot of questions about it and then we will have a look at your elbow and see what we can do to help are you happy with that?

Patient: yes, that sounds good

Physio: So its Anna, is that right?

Patient: yes

Physio: Are you happy for me to call you Anna?

Patient: yes

Physio: Anna Andrews

Patient: yes that’s right

Physio: So tell me about the symptoms you have been having

Patient: the symptoms started about 4 weeks ago after moving house and doing lots of decorating, it especially worsened after painting the house and hasn’t got any better since.

Physio: whereabouts are you getting your symptoms and what symptoms are you experiencing?

Patient: I’m getting an achy pain in the back of my forearm and a sharp pain over the outer aspect of my right elbow.

Physio: do you get any symptoms into the hand or above the elbow or into your neck?

Patient: no

Physio: any pins and needles or numbness?

Patient: No

Physio: if you had a scale of 0-10 and 0 was no pain at all and10 was the worst pain you could imagine, what number would you normally give your sharp pain.

Patient: probably about a 4/10

Physio: and at its worst?

Patient: about a 6/10

Physio: Is the sharp pain there all the time or does it come and go?

Patient: it comes and goes depending on what I do

Physio: So when it’s gone does it go to 0/10?

Patient: yes

Physio: so it can go completely

Patient: yes

Physio: So tell me what sorts of things bring on or aggravate the sharp pain?

Patient: gripping things will bring on the pain immediately and moving my wrist as well especially with twisting my wrist, for example using a screw driver and if I knock the side of my elbow it will hurt immediately. Driving is not too bad but will start to become painful after about 10 minutes.

Physio: is there anything you can do that helps to make it feel easier?

Patient: anti inflammatories seem to help and ice over my elbow eases it when it’s really bad but just generally resting it helps.

Physio: How long does it take for the pain to ease off if you rest it?

Patient: about 10 mins for the pain to go away completely.

Physio; what about the forearm pain? What score out of 10 would you give that?

Patient: that’s not as bad, it’s an achy pain – about 2/10 and 4/10 at its worst.

Physio: and is that there all the time or does it come and go?

Patient: it comes and goes

Physio: So when it goes what score would you give it then?

Patient: nothing, it goes down to a 0/10

Physio: what sort of things tend to aggravate the forearm pain?

Patient: mostly the same things that aggravate the sharp pain

Physio: what about things that ease the pain?

Patient: again the same things tend to ease it, oh and massaging or rubbing my forearm seems to also help.

Physio: does either of the pains keep you awake at night?

Patient: no

Physio: So how do your symptoms feel throughout the day? Is there any pattern?

Patient: my forearm is a bit stiff first thing in the morning but generally it feels ok. During the day it will depend on what I do but if I have been using my arm lots and it is sore it tends to be worse by the end of the day.

Physio: I just need to ask you some health screening questions – do you experience any headaches, double vision, speech or swallowing problems, blackouts or fainting, dizziness, nausea or vomiting or ringing in the ears, weakness or clumsiness of the hands?

Patient: No

Physio: So are you still taking the Ibruprofen?

Patient: yes, just when I need it really

Physio: So have you taken some today?

Patient: Yes, I took some just before I came

Physio: ok, so about ½ an hour ago

Patient: yes

Physio: Have you had any previous injuries or similar problems in this area?

Patient: no

Physio: any x-rays or scans?

Patient: no

Physio: and do you feel well in yourself, is your general health ok?

Patient: yes

Physio: these are just some routine health screening questions: any un explained Weight loss? Diabetes? epilepsy?, history of cancer? History of Rheumatoid arthritis? History of osteoporosis? Any heart or breathing problems? Blood pressure problems? Previous upper limb fractures or recent surgery? And you are not pregnant?

Patient: no

Physio: Apart from the ibruprofen are you taking any other medication at the moment?

Patient: no

Physio: are you taking any oral steroids at the moment

Patient: no

Physio: And any tablets that thin your blood?

Patient: no

Physio: And any allergies you can think of?

Patient: no

Physio: what do your daily activities involve?

Patient: I work in an office full time and have to drive a 10 minute commute.

Physio: any active hobbies?

Patient: I had just started playing badminton once a week but haven’t been able to do that since my arm pain.

Physio: so do you have any idea yourself what might be wrong with your elbow?

Patient: well, the doctor mentioned something, tennis elbow I think he said

Physio: does anything worry you about it?

Patient: I’m just worried that it’s not going to get better and it’s going to keep coming back, it’s so painful

Physio: any specific expectations of Physio?

Patient: I would like to know what’s wrong with my arm and to know what to do to make it better, advice and things, stop it from coming back again.

Physio: We can certainly help with that

Patient: Oh brilliant

Physio: Thank you very much, I think that is all the questions I wanted to ask, is there anything I’ve missed out that you wanted to tell me about?

Patient: no I can’t think of anything

Physio: ok well if you think of anything as we go through me taking a look at your elbow then please let me know.

I need to have a look at your elbow now, I will need you to take your top off is that ok for you to do that for me?

Patient: Yes that’s fine

Physio: Thank you very much