

PATIENT **Tomasz Wiśniewski** | DOB **30/06/1997** | INTERVIEW COMPLETED **5 September 2026** | EXPORTED **6 September 2026**

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Patient-reported data only — your clinical interpretation follows in the appointment.

AT A GLANCE		Generated 08:55 BST	
Complaint	Low back pain, “goes into my right buttock”	Duration	6 weeks
Side	Central, radiating right	STarT Back	Total 5/9; psychosocial subscale 3/5
Oswestry	34%	Pain (NRS)	6/10 today; 8/10 at worst
Safety status	No safety flags reported		

KEY POINTS

- Low back pain for 6 weeks after “lifting a pallet at work”, now “going into my right buttock”.
- Pain 6/10 today, 8/10 at worst, worse sitting and bending, better walking.
- Two weeks off work and now “back on light duties”.
- “I’m worried I’ve damaged something” and has stopped the gym.

SAFETY FLAGS

REPORTED PRESENT	REPORTED ABSENT
None reported.	Numbness around the saddle area; any change in bladder or bowel control; weakness or numbness in both legs.

QUESTIONNAIRE SCORES

STarT Back Screening Tool	5/9 (psychosocial 3/5)	Medium risk (instrument’s published cut-offs)
Oswestry Disability Index (ODI)	34%	Moderate disability (instrument band 21–40%)

PROBLEM SUMMARY

Six weeks of low back pain that began “when I lifted a pallet at work”, described as “a deep ache across the bottom of my back” that “goes into my right buttock” but “not down the leg”. Pain is rated 6/10 today and 8/10 at worst, worse with sitting “more than twenty minutes” and bending, and easier when walking. Two weeks off work, now on “light duties”, disturbed sleep, and stopping exercise.

MECHANICAL AND STRUCTURAL FEATURES

- **Onset:** “lifting a pallet at work”; “felt it go”.
- **Location:** “across the bottom of my back”, radiating to the right buttock; “not down the leg”.
- **Character and severity:** “a deep ache”; 6/10 today, 8/10 at worst.

FUNCTIONAL IMPACT

- **Work:** warehouse operative; two weeks off, now on “light duties”; “they want me back on the forklift by October”.
- **Sleep:** “wakes me when I turn over”.
- **Exercise:** “stopped the gym, scared to make it worse”.

MEDICATIONS AND LIFESTYLE

- **Medications:** ibuprofen and paracetamol as needed; no regular medication.
- Smoker, “about ten a day”; alcohol “weekends”.
- “fit before this”, gym “three times a week”.

RELEVANT COMORBIDITIES

- No other medical conditions.
- **Reported absent:** previous back surgery, known bone conditions, steroid use.

OUTSTANDING CLINICAL QUESTIONS

- Whether the buttock pain ever extends below the knee on any occasion was asked once and answered “not really”; not resolved.
- The physical demands of “light duties” were not established.

This summary was prepared from a patient-reported pre-consultation interview. All information is self-reported and unverified. Clinical findings, examination, and objective investigations are required before any clinical conclusions can be drawn.