

**19th October 2023**

Mr Max Calvert  
3 Littleton Street  
**Longford TAS 7301**

Dear Dane

Re: Mr Max Calvert  
DOB: 22/04/1994

Thank you for reviewing Max who is presents with a left L3/4 facet restriction and suspect to have flared up of the area of his past spinal surgery (30 August 2021- Laminectomy and removal of Cyst) in which he didn't get adequate rehab.

Clinical presentations are as follows:

- Reduced active lumbar ROM in all directions with end of range pains
- Increased tenderness of L3/4/5 (worse on the left side), paraspinals, quadratus lumborum and glutes
- Structural scoliosis
- Reports pains worst in the morning with movement lying to sit

I would recommend in Max getting Remedial Therapy with the main focus on his back, glutes and hamstrings at least twice per month as it would help in his ongoing rehabilitation progress.

Please don't hesitate to contact me if I can be of further assistance.

Regards,

Vuyo Nonkonyana