

27 June 2024

Dr Julia Lees
Hamley Bridge Medical Centre
10 Light Street
HAMLEY BRIDGE SA 5401

Dear Julia,

RE: Paul SPARROW
DOB: 31/03/1972

Paul came to see me for a second opinion medicine consultation suggested by his case manager Alkira Curry, given his multiple musculoskeletal complaints which are complicating his recent right ankle fracture.

After an hour consultation it is clear Paul is a genuine, down to earth chap who rather unfortunately has over the years had multiple musculoskeletal complaints that continue to cause him issues. Since his fibular fracture at work in April of this year he is experiencing more knee pain and back pain than he was previously, which is complicating his return to work.

On review of his symptoms and examination findings today I have not identified anything other than prominent degenerative change in his knees and some symptomatic degenerative change in his lumbar spine without radiculopathy. Hence I would be hopeful as he returns to his normal gait cycle and exercise that his current increased symptoms settle down.

He discussed that as a plumber he would likely benefit from an ankle brace and I have therefore asked him to discuss this with his treating physio Jamie Phillips at The Injury Hub in Willaston and I have no doubt an ankle brace can be paid for under his current claim.

In terms of his current knee and back symptoms it is likely he will do well with increasing his exercise and he has previously had a positive experience with hydrotherapy, hence I will discuss this with his case manager Alkira Curry to ensure hydrotherapy can be paid for under his claim which will be both good for his ankle and also for his knees and back for holistic rehabilitation purposes.

The final thing that Paul was wanting to trial were knee braces, and as he does not have a specific claim for his knees I am uncertain whether these can be paid for but again there is no harm in Paul talking to his physiotherapist Jamie about what these knee braces may cost and for the prospect of these to be conceived by his claims manager if it is perceived it will assist him in the process of getting back to work.

Overall it is clear Paul has a fairly considerable pain tolerance and has been able to get back to work multiple times after quite significant injuries. I am hopeful over the next eight weeks he will begin some hydrotherapy, gain an ankle brace and be able to return to work in some form. I have suggested if he is able to get enough exercise in with hydrotherapy there is a strong chance that he will be back to normal duties in the near term.

With these consultations I offer a follow up phone consultation in eight weeks' time and I have suggested to Paul by that stage he should be back to his full normal duties both at work and at home, and hopefully he will have put the majority of his current symptoms behind him. I do note however with his multiple musculoskeletal issues that in the longer term he may benefit from considering a change of career to roles that are less physical for joint preservation purposes.

You will note this letter has been copied to Paul directly, to his case manager Alkira Curry as well as to his treating physiotherapist Jamie Phillips and I have done so at Paul's request and am happy to do so in the interests of transparent and open communication for rehabilitation purposes.

Regards



G J Shepherd

BMBS GDOH FAFOM (RACP)
Occupational Physician

cc: Paul Sparrow
Alkira Curry
Jamie Phillips, The Injury Hub, 8 Main N Road, Willaston SA 5118