

Gold Coast Super Clinic Physiotherapy

Monday-Friday 7AM-7PM | Saturday 8AM-12PM | www.superclinicphysio.com.au



20/12/2022

RE: Mr Natham RACO
06/04/1993

Natham is a 29-year-old male with Arthrogryposis multiplex congenita. He is a positive, friendly man who is committed to maintaining and improving his function. I had the pleasure of treating Natham for 18 months whilst he was living in South East QLD. Natham attended physiotherapy treatment for two x one hour rehab exercise sessions per week. Sporadic thirty-minute treatments were used to manage pain or further assess particular body areas.

Current Goals:

- Maintain and manage independence with ADL's
- Progress lower limb strength
- Progress upper limb strength and ROM
- Continue playing soccer 1-3 times per week – improve running ability / control

Clinical Assessment + Observation

Observation:

- R Elbow carrying angle 90 deg
- Upper trap elevation

Mobility:

- NAD

Range of Motion:

- R elbow fused at 90 deg *
- Reduction in shoulder flexion L>R
- Limited bilateral shoulder external rotation
- Cx AROM: NAD

Strength:

- Grip strength = 8kg (reduced due to multiple wrist surgeries)
- Sh Abd: 3/5
- Lower limb strength - NAD

Current Treatment Plan (as of 20/11/2022)

- Lower limb strength – barbell front squats, deadlift variations
- Upper limb strength- light dumbbell work, resistance bands, etc.
- Pilates based mobility + balance – reformer, wunda chair, trap table

- Grip strength
- Dynamic/plyometric control for soccer

Areas to Address

- Continue lower limb strength
- Maintain upper limb strength / function
- Grip strength
- Continue plyo based movements
- Previous L rec fem tear 2022 – hip flexor considerations

Recommendations

Despite his condition, Natham is determined to get the best out of himself. Whilst being safe, I encourage health professionals to challenge Natham, and continue building on his base layer of strength. Natham has now had experience using barbells, dumbbells and Pilates equipment. He is keen to continue his strength training journey to help increase daily function and independence.

If you have any further questions, please feel free to get in contact on the below details.

Sincerely,

Luke Reynolds
Physiotherapist (GCSCP Hope Island)

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