



LEANNE GRAHAM
HAND & OCCUPATIONAL THERAPY SERVICES
ABN 53 303 068 534

Hand Therapy Report for Natham Raco

Date of Birth: 06/06/1993

Address: 72 Vida St, Aberfeldie, 3040

Contact number: 0412 567 813

Plan Date: 4 February 2021

Date for Initial Hand Therapy Session: 07/10/2020

Medical History

Natham is a 27-year-old man who has arthrogryposis. He has had multiple upper limb surgeries throughout his childhood and more recently including:

- Right ECU to ECRB transfer, EDC centralisation 30/9/2020.
- Left wrist dorsal wedge carpectomy & mid carpal fusion with left ECU to ECRL transfer and PIN 2015
- Left Gracilis transfer for biceps reconstruction 2012

Social History

Natham currently lives with his family (parents and siblings) however is about to embark on a move to Queensland to start a new job and is planning to live independently there. He has previously worked in a bakery/café environment. He is independent in driving a modified vehicle. He enjoys playing soccer and has been involved in teams for people with a disability. He is independent with showering, basic dressing, toileting, grooming and eating. He requires some aids or assistance with donning socks, doing up some buttons and donning more formal clothing such as a suit where the clothes are more fitting, and buttons/closures may be more difficult. This is currently provided by family members.

Initial Goals:

- A. Post-operative care and rehabilitation from recent surgery.
- B. To regain or remain independent in:
 1. Daily personal care including toileting, showering, dressing, and grooming. May require personal care assistance with dressing for more formal events. Natham may also require some assistive devices including but not exclusively a dressing aid, a sock donner, a button hook aid and alternative shoelaces.
 2. Driving
 3. Cooking and basic cleaning.
 4. Leisure activities including soccer.

Hand Therapy Summary

Natham was referred for hand therapy by Mr David McCombe on 7/10/2020 at his appointment at one-week post-surgery for Right ECU to ECRB transfer and EDC centralisation. On that day, a thermoplastic custom-made wrist splint was fabricated in slight overcorrection of radial deviation. He was instructed in its wearing regime of constant wear except hygiene and in the care of the splint. He was also advised in wound and scar management. Elevation for oedema control was encouraged and education in precautions and appropriate ADLs. Natham was encouraged to perform regular active ROM exercises of the fingers. Initially follow up hand therapy was scheduled every 1-2 weeks. This was reduced at approximately 8 weeks post op to every 3-4 weeks. Therapy has focused on maintenance of correct wrist position and posture, scar management, maintenance of finger ROM and graduated strengthening and return to function.

New plan goals:

Ongoing hand therapy to maintain position, range of motion and increase strength
Provide aids for independence in personal care tasks
Provision of funds for personal care assistance with dressing for more formal occasions.
Independence with basic domestic chores such as cooking and light cleaning. Some adaptive devices may be provided for this.
Natham may require use of a professional cleaning service when he is living alone.
Continue to be actively engaged in social and leisure activities. Natham has recently returned to soccer practice. He will be seeking to be engaged in the sport on his move to QLD. He would like to resume other activities such as camping.

Further recommendations:

Occupational Therapy input as required once Natham has moved to QLD assess and arrange for any appropriate home aids to allow for independence in ADLs
Ongoing physiotherapy for general body conditioning

If you have any concerns regarding Natham or this plan, please do not hesitate to contact me on mobile 0407 862 007.

Yours Sincerely,

Leanne Graham
Hand and Occupational Therapist