

29 January 2021

To whom it may concern,

Re: Natham Raco, D.O.B 6 Apr 1993,

I am pleased to write to you with a medical report for Natham. Natham attended Melbourne Hand Rehab for help with his Arthrogryposis multiplex congenita from 4 May 2020 to 22 Sep 2020, after being referred on from the Royal Children's Hospital. My involvement in Natham's care started on 17 Aug 2020.

Our treatment sessions have centred on Natham's goal of increasing his typing and work tolerance via:

- proximal strength and mobility exercises
- desk-based mobility program
- education on ergonomics, pacing, and activity modifications

Objective Measures

QuickDASH

29/01/21: 43 (25 on sport module)

17/8/20: 59

Patient Specific Functional Score

29/1/21: 35 (computer use 8, cooking 9, cycling 4, sports 5, RTW 7)

8/9/20: 33 (computer use 8, cooking 8, cycling 4, sports 8, RTW 7)

-new activity added on 8/9/21: independent living 8

Grip Strength

29/1/21: R 8kg L 8kg

Typing Speed Test

29/1/21: 30wpm, 92% accuracy

Shoulder AROM

29/1/21

F 90/85

AB 85/60

ER 5/15

Hand behind back L3/ L5

22/9/21

F 90/80

AB 95/85

17/8/20

F 95/70

AB 80/70
ER 10/15
Hand behind back T10/L5

Elbow AROM
29/1/21
R 80-130 L 35-65

22/9/20
R 60-95

Comments

In my clinical opinion, Natham would benefit from ongoing hand therapy and physiotherapy treatment sessions to help him achieve his goals of living independently and working full-time in Brisbane. The purpose of ongoing treatment would be to maintain his AROM of his upper limbs and progress his mobility and strengthening exercises. This would enable Natham to maintain his functional independence and increase his tolerance for computer-based work both in his full-time job and as he finishes his studies.

Please do not hesitate to contact me if you have any questions or concerns.

Kind Regards,

Karen Friesen

Physiotherapist | Practitioner of Hand Therapy

Melbourne Hand Rehab