

Gold Coast Super Clinic Physiotherapy

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



08/07/2022

RE: Natham RACO 06/04/1993

To whom it may concern,

Natham Raco presented to Gold Coast Super Clinic Physiotherapy on 04/05/2021 for management of **arthrogryposis**.

A congenital condition, Mr. Raco has marked impairments of both upper limbs, trunk and left leg.

Mr. Raco has attended physiotherapy 2x per week for exercise management of grip strength, upper limb range of motion, endurance, lower limb stability and general core control.

His main impairments/current history are listed below:

Left Arm:

- Limited shoulder range of motion- only able to lift to chest height
- Significant fatigue in fingers with prolonged gripping tasks
- L) arm performs lower body ADL's due to increased elbow range of motion (compared to Right)
- Left hand dominant *

Right Arm:

- Elbow fusion- restricted range of motion
- Limited shoulder/wrist ROM
- R) arm performs upper body ADL's
- High fatiguability

Left Leg:

- Adductor tendon transfer to left biceps causes general strength imbalances and discomfort when doing physical lower limb tasks (i.e. running)

Trunk:

- Due to restricted range of motion and muscular control of arms, Mr. Raco's running gait is impacted. This causes considerable upper thoracic + cervical pain with any prolonged activity.

If there are any questions, please feel free to contact me at the below details.

Yours in health,

Luke Reynolds – Physiotherapist (Hope Island)

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