

Hi Lindsay,

I saw Paul Archibald today and through some observations and testings I discovered that his right Psoas was overactive and left Glute underactive.

His core also needed strengthen and as a Pilates instructor I showed him how to activate his T-Zone (core) and Obliques on the Pilates way. I also gave him Clams to activate his left Glute Med. I have advised him to start with 5/day and increase by 5 once he has achieved ease with the exercise for 3 days, easing him into activation of these core muscles and avoiding pain.

Paul also advise that seeing both of us on the same day was to much for him and I suggested maybe seeing us on seperate weeks on a fortnightly basis. I understand you are guided by WorkCover and Paul has seeked my treatments privately. But I will leave that decision up to you, it's only a suggestion to help Paul manage his pain.

If there is anything you want me to treat please let me know as I would prefer to work with your advise than against it. Talk soon.

Blessings,

Sandy

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