



ACTIVE SPORTS MEDICINE

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Dr Sandra Mejak

Sport & Exercise Medicine Physician

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Provider number: 232209YB

18 June 2024

Dr Andrew Stewart
Swan Street Surgery
135 Swan Street
Yokine WA 6060

Dear Andrew

Re: Yassamin Jade MALEKLOO
DOB: 25/02/1997
Tel: 0490 692 420(M)

Presenting Complaint

- Many thanks Andrew for referring Yassamin with her thoracic spine pain.
- Work - cyber security consultant full time. All computer based WFW / WFH. At table using laptop at both locations. At work has office chair, but not at home.
- She currently does not exercise.

History of Presenting Complaint

- PHx - LBP, which can be worse than TSx. Triggered by lacrosse and jujitsu originally.
- Presenting Complaint - L mid TSx pain 1.5 - 2 years, onset rapidly. Became significant by Feb 2023
- Site - roughly L T6, then later radiated proximally up neck / laterally into scap / down arm
- Aggs - laying on back / lifting weights esp. bicep curls / R rotation / was worse before breast reduction / and worse when recovering from breast reduction / cough / sneeze / pain is constant
- Ix - nil
- Rx - physios Ellen Hawes / Guy / Mick
- Rx - massage Jane Perkin
- Rx - NSAIDs - no change

Examination

- Beighton hypermobility score 7/9
- R thoracic rotation 30° and pain provoking / L 45°
- The symptoms come on mostly with R rotation
- TOP L 7th costo-transverse joint > 5th > 6th
- Stiff PA in lower 3/4 of TSx

Impression

- The worst pain is centred around the costo-transverse joints. I see this pain fairly often, and it seems to occur in both stiff and hypermobile individuals. For some reason one or more joints become painful, in the absence of any visible structural change. The stiffness of rotation throughout the TSx means that the CT joints take more rotation load than usual.
- It settles well with cortisone injection, but needs to be accompanied by rotation stretching to be maintained.

Plan

- Rotation stretches 'book openings', at least 3 sets 3 times daily to each side, held for 30 secs. Can also do seated rotation stretch. I taught Yassie these stretches today.

- L C7 CTJ guided CSI PRC Subi. Marked - direct at marked site. If the mark wears off I can re-mark 1-2 days before the injection.
- Review 5 weeks post injection (make that appointment straight after making the injection booking)
- Yassie is going to make another appointment for me to assess the LSx. Ellen, if you could summarise what you have found, and found to be effective, I would really appreciate it.
- Review desk set-up and posture - I have sent a desk posture information sheet.

Kind Regards,

Dr Sandra Mejak
Sport & Exercise Medicine Physician
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Copy To

Yassamin Malekloo
Ellen Hawes