

13.10.2025

Dr Peter Steele
SportsMed
Suite 101, Level 1, St John of God Health Care
175 Cambridge St
SUBIACO WA 6008

Dear Dr Steele,

RE: Joel Petrillo
DOB: 28/01/2010
Address: 11 Havenvale Crescent, DIANELLA WA 6059

Thank you for seeing Joel Petrillo, a 15-year-old high-level soccer player, for an opinion regarding his recent diagnosis of multiple bony stress injuries in his lumbar spine and sacrum.

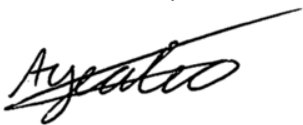
Joel presented with a progressive history of pain, which began as re-emergence of previous right groin/hip pain in July 2025 and evolved into significant lower back pain from early September 2025. His symptoms were severely exacerbated by a spike in his soccer load, culminating in an inability to play on 09/09/2025 and 14/09/2025. Clinically, he presented with localised pain in the right L4/5 region, which was provoked by running and a right single-leg hop test.

Given the high suspicion for a bony stress injury, he was referred for imaging. An MRI of his lumbar spine on 22/09/2025 confirmed a stress fracture of the right sacral ala extending into the right S1 neural foramen, with extensive bone marrow oedema. It also revealed subtle incomplete stress fractures of the right L5 and left L4 pedicles.

This presentation is layered upon a history of bilateral hip pathology. He was diagnosed with bilateral femoroacetabular impingement (cam morphology) with associated labral tears on MRIs dated 02/07/2024. These scans also noted apophysitis of the right ischial tuberosity and a lesion in the left femoral neck. An orthopaedic review with Mr. Nicholas Frost in September 2024 noted a 1cm right leg length discrepancy and significantly restricted hip mobility, for which a 1cm in-shoe raise and physiotherapy were recommended.

At present, Joel has ceased all high-impact activities. Our plan is to commence a comprehensive rehabilitation program, following him off-loading the affected structures for the next six weeks, though would appreciate your expert opinion on his management and timeframes

Yours sincerely,



Mr. Adam Yeates
Physiotherapist & Exercise Physiologist | Forte Physiotherapy



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