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4 Jan 2023

Dr Oon
Still Point Medical
29 Darryl Street
Scoresby VIC 3179
Australia

Dear Dr Oon,

RE: Michael Stephens (DOB: 06/09/1980)

21 Hume St
Upwey VIC 3158

Thankyou for seeing Mr Michael Stephens who presented to me with left knee pain, of 6 weeks duration. He reports cause of onset is unknown, however on further questioning he recalls pain began soon after slipping off a small footrest with full weight on his left foot/toes. He did not notice any pain at the time of this incident, although his pain has worsened since. He has maintained physical activity throughout this 6 week period with varied levels of pain during and/or after activity. His pain became more severe after completing the 1000 steps recently.

On examination of his left knee there was mild heat and swelling. Muscles around the posterior knee/leg were hypertonic. A standing squat caused pain on initial testing which reduced following Myotherapy treatment. He performed a standing calf raise without pain. There was also pain with flexion (100°) and end range extension. Knee flexion, extension and ankle plantarflexion all tested with good strength.



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Observation and palpation showed his left medial gastrocnemius head is asymmetrical in shape and tone to his right medial gastrocnemius which leads me to question if there is a left medial gastrocnemius rupture proximally?

Would you please arrange further investigation, at your discretion, to assist with understanding and rehabilitating his presenting condition.

Regards,

Sally Aspinall

Myotherapist