



Natalie Claudio <natalieclaudiomassage@gmail.com>

Vanessa Clarke

2 messages

Amy Whitney <amy@physiotas.com.au>

2 February 2024 at 10:30

To: Natalie Claudio <natalieclaudiomassage@gmail.com>

Hi Nat,
I hope you're well!

I saw Vanessa yesterday and we have commenced a hip strength program. She is beginning to notice positive improvements and strength changes. I note there is a lumbar component to her GTPS/lateral hip pain, which we have been working on with lumbar rolls/ stretches.

If you are able to avoid too much manual therapy over the glute tendons on her hips that would be great. Gluteals and lumbar spine will likely benefit from some massage.

I will continue strengthening and progressing her exercises when I see her next.

Kind Regards,

**Amy Whitney**

Physiotherapist

M.Phty

t: 03 6334 0622

[physiotas.com.au](https://www.physiotas.com.au)[44 Howick Street Launceston 7250](#)**Natalie Claudio** <natalieclaudiomassage@gmail.com>

2 February 2024 at 11:28

To: Amy Whitney <amy@physiotas.com.au>

Hi Amy,

Thanks for letting me know.

I really appreciate you taking the time to give me some feedback.

I will avoid the gluteal tendons.. are you referring to lateral attachments or sacral area/ iliac?

Warm regards

Natalie Claudio

On Fri, 2 Feb 2024, 10:30 am Amy Whitney, <amy@physiotas.com.au> wrote:

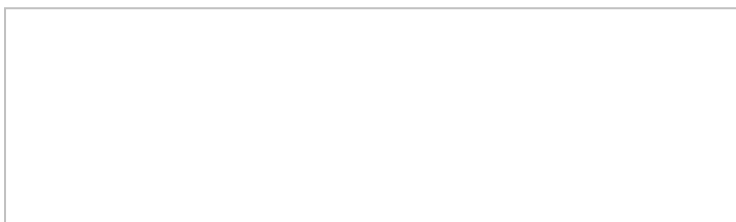
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44 Howick Street Launceston 7250

6 attachments



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