

Tarregower Remedial Massage

www.tarregowerrm.au

PO Box 400. Maldon Vic 3463 | 0459 322 738 | tarregowerrm@gmail.com

14 October 2023

Dr Dominic Blanks
Lyttleton Street Medical Clinic
64 Lyttleton Street,
Castlemaine. Vic. 3450

Re: Mr. Neil McLean - update

Dear Dr Dominic Blanks:

I have been seeing Neil McLean regularly for the past 15 months, focusing on treating his lower back, glutes and legs for chronic pain. We have had some success in relieving Neil's pain, and have gradually extended the period between treatments, encouraging Neil to take accountability for exercise and stretching between visits to prolong the benefits of his massage treatments.

At his most recent appointment on Saturday 14 October, Neil presented with a noticeably larger left lower leg. I explained the process and benefits of Manual Lymphatic Drainage (MLD) to Neil. I performed a short MLD treatment on his lower left leg, resulting in measurable improvement (reduction) in circumference measurement both immediately superior to the malleolus as well as mid-calf.

I plan to continue incorporating MLD to Neil's future sessions, and seek your opinion as to whether this approach is beneficial to Neil's overall health treatment plan, or if there are contraindications that I should be aware of.

Please feel free to call me should you require further information.

Thanks and Best Regards



Paul Gilders
Remedial Massage Therapist
Tarregower Remedial Massage