

A decorative graphic of two overlapping leaves, one in a darker purple and the other in a lighter, reddish-purple, located in the top left corner.

Isaac Hogan
Goulburn Podiatry Services
95 Bourke St
Goulburn NSW 2580

Date: 7th August 2024

Dear Isaac

Re: Terri Lang DOB: 26/08/1966

Thank you for seeing Terri who has been experiencing bilateral foot pain for over two (2) years. I first assessed Terri on the 4th November 2022 with pain in both feet, left foot experiencing more pain. I treated her over a 2 month period with no relief.

Terri attended my clinic for a second assessment on 27th May 2024 with left foot pain after having surgery to correct the pain.

On questioning, Terri reported that she sustained a knee injury while playing tennis around 2017, she reports the pain in her feet began shortly after. Terri's pain is aggravated by wearing enclosed shoes and being on her feet all day. Terri is able to gain relief through removing her shoes, being off her feet and apply cold, ie bare foot on tiles.

On examination, Terri demonstrated pain on palpation to dorsal aspect of her ankle and her range was limited and weak.

I applied specific soft tissue release to Extensor digitorum longus, tibialis anterior, soleus and gastrocnemius muscles with additional treatment included myofascial (slide) cupping to gastrocnemius bilateral head and tibialis anterior. I also kinesiology tape was applied at the end of the treatment.

I had advised a home management plan during her initial treatment phase that included hip strengthening exercises.

This course of treatment has proved to be unsuccessful as she only receives relief at the time of treatment only with no lasting relief reported.

As symptoms have not resolved I am referring Terri to you for assessment and management strategies.

If you would like to contact me for any further enquiries, please do so on 0488775818 or connect@nurturinglotus.com.au

Regards

Shandara Newman DipRM
Owner/ Practitioner
The Nurturing lotus



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