



2nd October 2024

Ms Melissa Tucci
6/3-17 Queen Street
Campbelltown NSW 2560

Participant Name:	Melissa Tucci	Date:	02/10/2024
Treating Clinician(s):	Britney Pelle (EP)		

Relevant NDIS Plan goals: indicate short, medium, long term as well as any other goals as specified by participant (any family/ carer goals)

Personal goals:

1. Reduce pain and improve daily movement.
2. Lose weight was previously 57kg now 72kg
3. Relax body via partaking in hydrotherapy

Goal 1	I would like to increase and maintain my safety when mobilising
Goal 2	I would like to confidently manage my daily routines safely and comfortably
Goal 3	I would like to be supported to increase my overall capacity

Melissa is a determined and passionate woman who is dedicated to improving her mobility, functionality and strength. Melissa experiences difficulties with daily movement, especially community access, as she becomes fatigued and overwhelmed very easily. Her right leg is sufficiently weaker than her left, and she walks with her foot permanently plantarflexed, putting a lot of pressure on her midfoot and causing distal ankle pain and lower limb weakness. This additionally affects her right knee and hip joints, causing rigidity and constant tension throughout her lower back and compromising good posture.

Exercise physiology plays a crucial role in managing cerebral palsy (CP) by improving overall health and functional abilities. In regards to:

- **Improved Mobility and Strength:** Regular exercise can enhance musculoskeletal strength and functional mobility, making daily activities easier.
- **Cardiovascular Health:** People with CP are at a higher risk for cardiovascular diseases. Exercise helps improve cardiovascular fitness, reducing the risk of conditions like hypertension and diabetes.
- **Pain and Fatigue Management:** Exercise can alleviate common secondary conditions such as pain and fatigue, improving overall quality of life.
- **Spasticity and Range of Motion:** Targeted exercises can reduce spasticity and improve the range of motion, which is particularly beneficial for those with spastic CP.
- **Mental Health Benefits:** Physical activity can also boost mental health, reducing symptoms of depression and anxiety.

Main likes and interests	Self-care, listening to music, watching movies Spending time with family very close with mum, sister and nephew
Other Agencies involved? Is there permission to engage with these (Y/N)?	Nil other intervention currently in place
Are there any barriers to accessing therapy?	Melissa's current pain and energy levels are seen as the main barriers in her accessing her therapy. Mellisa is transported to and from her appointments by her mother Cathy. There would be a barrier in accessing therapy if her vehicle was not in use and unable to transport herself and Melissa for any unforeseen reason or extenuating circumstances. Melissa is encouraged to advise Optimum Staff >48hrs prior to appointment if they are unable to attend to avoid a cancellation fee.

Are there any risks identified in accessing or completing therapy (behavioral, emergency arrangements etc)?	Gets very anxious in unfamiliar situations and needs constant support and positive reinforcement.
--	---

Goals and Outcomes

Participant Goals for duration of this current plan			
How will goal achievement be measured?	Progress before Therapy	Progress mid therapy	Progress at final review
Grip strength - AxIT	Peak Force: Left 22.1kg, BW% 30.73 Right 7.6kg, BW% 10.53 Asymmetry 65.7%L RFD: Left 76.2kg/s Right 28.0kg/s Asymmetry 63.2%L		
TUG	13 seconds R foot inversion during gait Very limited knee flexion during gait Toe walking observed on R side w/ ankle supination Nil arm swing Clenched R hand		
Balance - AxIT	15s Double Leg Balance - Eyes Open Total Excursion: Single 43.39cm 15s Quiet Stand - Eyes Open Total Excursion: Single 62.55cm		

Frequency and Location of Sessions	1x per week 1:1 session for 1 month trial (hydrotherapy) Optimum Health Solutions - Campbelltown (Aquafit)
Review Period	Reviews occur every 6 months with ReAx occurring every 8-12 weeks. <i>Reviews are prompted at any period when a change of circumstances has occurred or by request of clinician, participant and/or carers.</i>

Emergency and Disaster Contingency Plan:

Incase of an emergency or disaster (e.g. fire, storm, natural disaster) where your access to services have been impacted, we will aim to maintain your service provision to ensure your safety, health and wellbeing by offering the following service alternatives:

- Service provided by an alternate suitably trained clinician
- Service provided at an alternate Optimum clinic site
- Service provided at client home or alternative community setting
- Service provided via telehealth
- Other suitable arrangement as agreed by client and Optimum or referral to another service provider that has capacity to meet your urgent need.

Signature and Name of Clinician:	Britney Pelle	Date: 02/10/2024
Signed- Participant or Nominee:		Date:
Name of Participant or Nominee:		