



43 Benson Street  
Belgrave VIC 3160  
0422 084 812  
myotherapytonic@gmail.com

20 May 2025

Upwey Doctors  
78/80 Main St  
Upwey VIC 3158  
AUS

Dear Dr,

**RE: Lucy Carr (DOB: 01/06/2011)**

5 Bayview Ave  
Upwey VIC 3158

Thankyou for seeing Miss Lucy Carr who presented to me on May 20th with right wrist/forearm/hand pain. She reports feeling an audible “pop” in her right wrist/forearm during a rock climbing competition last week whilst gripping and pulling her body weight up the wall. Since this incident she is experiencing pain radiating from the wrist/forearm into her palm and 4th/5th digits. She is also having trouble with finger flexion and gripping movements.

On examination there is mild oedema in the tissues over her right volar wrist. Strength is reduced and pain is reproduced on resisted finger flexion of 4th and 5th digits. Pain is also produced during resisted wrist flexion and on palpation of her flexor tendons to the 4th and 5th digits.

I believe she has injured her right flexor tendon near the musculotendinous junction (specifically the flexor digitorum superficialis muscle). Lucy is very keen to return to rock climbing as soon as possible.



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Could you please arrange for ultrasound of the area to assist with the rehabilitation strategy and return to climbing.

Kind Regards,

**Sally Aspinall**

**Myotherapist**