

Australia Post
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Date: Thursday the 4th of June 2025

RE: Allied Health Treatment Plan
Request for Further 6 x 60-minute Remedial Massage Treatment Sessions
Krishna Chaitanya MADDURI - DOB: 11/10/1982 - Case Number: 1000027478

To Marli and Sam,

I have completed a further 4 remedial massage treatments with Krishna to treat his "Lower Back Strain" since March 2025.

Injury Details / History:

Client reports lower back pain following a work-related incident in April 2024. Symptoms include localised lower back pain, muscular tightness, stiffness, and referring thoracic muscular pain, stiffness and discomfort. Currently receiving remedial massage treatments with reported improvements in pain and function.

Number of 60-minute remedial massage treatments since initial treatment (14/01/2025): 7

1. Standard Outcome Measures:

- Oswestry Low Back Pain Disability Questionnaire: 72 (increase of 4 points).
- Orebro Musculoskeletal Pain Questionnaire: 32% (increase of 4%).
- Pain Self Efficacy Questionnaire: All scores rated at 5 (improved by 3 points).
- Rowland -Morris Low Back Pain and Disability Questionnaire: 2 points (improved by 50%).

2. Functional Improvement:

Monitored through subjective feedback from client.

- Previously, the client experienced pain and discomfort for approximately 40 minutes after completing a work shift before it began to subside. Currently, this duration is decreasing, and the client usually feels better upon arriving home.
- Capacity to complete work without discomfort: Client is usually sore and tired during and by the end of a shift from holding posture when riding the motorbike. We believe this may not have improved much due to the change in seasons to winter.
- Tension in lower back and mid back is improving.

3. Proposed Additional Sessions:

As the treating practitioner, I have concerns regarding the client's ability to manage his lower back condition through the winter months due to environmental and occupational factors. His role as a motorbike postie requires wearing multiple heavy jackets to withstand cold weather, which places additional load on his back and increases muscular effort to maintain posture and control while riding.

Furthermore, exposure to cold temperatures may lead to increased muscular tension as the body attempts to retain warmth, potentially exacerbating stiffness and discomfort in the erector spinae and lower back region. Is there an option for the client to be supplied a light weight heavy duty winter jacket?

- **Frequency: 1 session per fortnight**
- **Duration: 12 weeks (total: 6 sessions)**

4. Therapy Modalities to be Used:

- Myofascial release
- Deep tissue massage
- Trigger point therapy
- Myofascial dry needling
- Home care advice (stretches, posture education)

5. The Objectives of Further Therapy:

- Further reduce hypertonicity of muscles in the lower back – Quadratus lumborum, gluteals, erector spinae group, rhomboids.
- Improve functional capacity/tolerance for prolonged riding and carrying occupational clothing loads
- Support client with remedial massage treatments to reduce pain caused by posture maintained while driving motorbike at work.
- Promote long term self-management strategies.
- The client reports significant relief and comfort from pain through ongoing remedial massage therapy, which has been an important part of his recovery process.

Should you require any further information or wish to discuss this case in more detail, please do not hesitate to contact me.

Kindest,

A handwritten signature in black ink, appearing to read 'Kylie Loffler', with a stylized, cursive script.

Kylie Loffler

Remedial Massage Therapist

NSR Massage Therapy