



Spine Clinic

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Spine Clinic ABN 64 208 408 150

1st February 2021

Natham Raco
71 Vida St
Aberfeldie VIC 3040

Re: Natham Raco
72 Vida St, Aberfeldie, VIC, Australia, 3040
06/04/1993
Claim #

I have been assisting Natham with his condition by providing manual therapy and chiropractic treatment since the start of 2020.

Over the last 10 years he has had multiple surgeries on his arms, wrists and hands to improve and maintain function of both upper limbs. His requirements are ongoing and related to his deficits secondary to his Arthrogryposis.

Mr. Raco wishes to improve and maintain functional capacity within activities of daily living such as cooking, shopping, cleaning, self-hygiene and be able to join the workforce in a sustainable return and maintain a return to physical activity such as soccer.

Mr Raco wishes to improve his strength, functional capacity, balance and mobility in his upper limbs to achieve his goals.

Upon his first visit in 2020, he reported pain in his neck, back and upper limbs which were a result of compensatory factors of his Arthrogryposis.


Natham completed weekly sessions of manual therapy which consisted of soft tissue therapy, dry needling, and joint mobilisation which has had a positive impact on his musculoskeletal deficits and measurable outcomes.

Throughout the year as he continued Manual and Chiropractic Therapy, in conjunction with his exercise strengthening programs through his physiotherapist. We have been able to space the sessions out to every 2-3 weeks for maintenance. Outcomes measured are used to observe progress.

Withdrawal of treatment has been shown to have a negative effect on Natham's work participation, strength, mobility and tolerance to pain.

Goals of treatment have been to reduce pain with function, being able to perform activities of daily living with a reduction in physical discomfort for mental wellbeing. Work on compensating muscles and joints around the upper extremity complex to maintain physical function. He wishes to not just maintain but continue his improvements so he may achieve a 38 hours RTW, improve his physical and mental health and live independently in 2021.

Yours Sincerely,


Dr Phillip Chiem DC M.Clinical.Chiro

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