

# Gold Coast Super Clinic Physiotherapy

Monday-Friday 7AM-7PM | Saturday 8AM-12PM | [www.superclinicphysio.com.au](http://www.superclinicphysio.com.au)



16/11/2022

ATTN:

To Whom it may concern,

Natham RACO attended Gold Coast Super Clinic Physiotherapy for management of Arthrogryposis Multiplex Congenita

Mr Natham RACO reported:

- ☐ chronic muscle/joint pain in cervical and thoracic region
- ☐ scar tissues adhesion /pain
- ☐ loss of strength
- ☐ loss of mobility
- ☐ wrist pain
- ☐ arms pain
- ☐ shoulder pain
- ☐ left leg pain

*Objective:*

Getting Natham to improve everyday living and mobility as well as reduce chronic pain in his body . On overall improving his well being.

Physical therapy has proven to be an effective treatment for almost all forms of Arthrogryposis Multiplex Congenita [AMC].

The most common of these therapies being massage therapy, hydrotherapy, physiotherapy and acupuncture. Remedial Massage therapy [RMT] was reported as providing excellent results for AMC .

The following are the benefits of RMT for AMC:

Gentle joint manipulation

Help relieve chronic pain in muscle/joint often associated with AMC

Reduce muscle tension

Stretching of joint and muscle contracture assists in promoting active muscle use to avoid immobilisation.

Assisting with a stretching program to do at home.

Breakdown of scar tissue

Most AMC sufferers will experience many surgeries such as tendon transfers, muscles transfers or bone alignment. These are performed to improve muscle function and help them to be more independent in everyday life . Natham had many surgeries over the years to improve his mobility and chronic pain [ tendons transfer,muscle transfers,bone grafting ]

After surgery, scar tissue forms and will reduce mobility by forming adhesions in the connective tissue. The breakdown of scar tissue is a common benefit gained through massage. Scar tissue is made up of collagen fibres. The main function of collagen fibres within scar tissue is for the repair of damaged fibres within the body. Scar tissue can become very restrictive as the elasticity of the tissues is smaller than the body's natural muscular tissues. Remedial massage therapy will help with the breakdown of scar tissue. It will help decrease pain, increase range of movement and relieve restriction.

Adults with AMC are prone to developing osteoarthritis, chronic joint and muscle pain. Remedial massage therapy will help in keeping joint mobility by releasing and stretching muscles, tendons, ligaments and connective tissue.

*Treatment included:*

- ☐ Myofascial release
- ☐ Trigger point therapy
- ☐ Muscle energy technique
- ☐ Positional release technique
- ☐ Soft tissue massage
- ☐ Deep tissue massage
- ☐ Fascial stretching therapy
- ☐ Scar reduction massage
- ☐ Myofascial cupping
- ☐ IASTM
- ☐ Joint mobilisation

If you have any further questions, please do not hesitate to contact myself at the Hope Island details below.

**Yours In Health,**  
Miss Pascale Ratinaud  
Remedial Massage Therapist  
Gold Coast Super Clinic Physiotherapy

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**Hope Island**

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