

N.T.V. Tran
Orthotist
Northern Allied Health Services
185 Cooper St
Epping 3076
12/5/2014

Mr. Darren Bingles
Physiotherapist
PurePhysio
Level 4, 52 Collins St
Melbourne CBD 3000

Dear Mr. Darren Bingles:

Thank you for accepting Mr. Bob Belcher's case.

Mr. Belcher is 22 y.o and sustained a Bennett's fracture of his left (dominant) hand with significant displacement of 2mm, approximately 4 weeks ago. He was managed with internal fixation of percutaneous wires and closed reduction, followed by a prescription of a low temperature thermoplastic wrist thumb spica orthosis worn for at least 4 weeks.

Due to the involvement of the base of the 1st metacarpal and its articulation with the carpal bones, it was decided that the wrist thumb spica orthosis was the ideal management option. The orthosis immobilized his wrist and 1st carpo-metacarpal joint. Hence he was unable to perform wrist or 1st carpo-metacarpal flexion, extension, adduction or abduction for 4 weeks. This has resulted in weakness of these movements, it is our hope that with your aid, he can regain full range and function of these joints.

It has been 3 and a half weeks and Mr. Belcher has shown significant healing of his fractured base of the 1st metacarpal at the review session. It has been determined that Mr. Belcher is ready to start physiotherapy. At the end of the prescribed 4 weeks, he will be fitted with a low temperature hand based thumb spica orthosis as a precaution for 2 weeks. The new orthosis should not limit any wrist ranges of motion, but can be removed during the therapy sessions for the hand exercises. However it is recommended that he wear it during basketball practice.

It is Mr. Belcher's goal is to return to playing basketball competitively as soon as possible, and hence he is eager to start the hand and wrist range of motion exercises that will help him regain the movements limited during his immobilization period.

It is our hope that with your help, Mr. Belcher can return to his pre-existing quality of life soon.

Sincerely,

A handwritten signature in black ink, consisting of a stylized initial 'N' followed by a long horizontal line extending to the right.

N.T.V Tran
Orthotist