Dear John Smith,

Thank you for collaborating with me regarding the treatment of Sophie. The letter regards her referral to you for further physiotherapy regarding her injury and treatment management.

The client is a female aged 25. She is a rower who reported with pain in distal forearm on radial side of right wrist. There was swelling noted at 6cm proximal to wrist and given there was decreased grip strength and pain on extension, a diagnosis of intersection syndrome was given. Orthotic management consisted of splinting in a low temperature thermoplastic device with the wrist in extension and thumb in abduction. This was prescribed for 3 weeks.

The client has since ceased wearing the brace and is now able to move wrist into flexion and extension without pain or crepitus. She is able to undertake tasks of daily living and is able to continue working. The client's scores improved for both the upper extremity functional index and patient-specific functional scale improved post splinting. There was improved grip strength and muscle strength.

So far treatment has been effective, however, I would like to discuss with you any additional physiotherapy to improve muscle strength and improve mobility with the idea to prevent or decrease the likelihood of further injury.

The client has a competition coming up in the next few weeks and would like to have enough strength in wrist to compete. It would be good to collaborate further in the future treatment of the client

Please get in touch with me in regards to the client and to discuss treatment options. Don't hesitate to contact me if you have any questions or concerns.

Regards,

Treating orthostist,
Rebecca Walters.