

18 November 2020

TTN Ref: TTN/132296/PHY/TEST/1
Your Ref: TESTREF.001

Review Assessment

Dear Test Contact,

Re: Mr Report Test
Test Address
Test Town
L2 2NZ
Accident Date: 01/01/2020

Please find enclosed a copy of the Review Assessment for the above named patient.

A further course of treatment has also been recommended by the practitioner. Please confirm whether or not the recommended treatment programme can proceed.

If you require any further information, please do not hesitate to contact us.

Yours sincerely,

Sam Adam
The Treatment Network

The Treatment Network Limited
6th Floor, 1 Tithebarn Street, Liverpool, L2 2NZ
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Review Assessment Report

Patient Name:	Mr Report Test
Date of Birth:	01/01/2000
Practitioner's Name:	Mr Sam Adam (Test)
Initial Assessment Date:	17/11/2020
Review Assessment Date:	11/11/2020
Name of Clinic:	Sam Adam (Test Expert)
Clinic Telephone:	

1. Current Situation

The patient was previously not taking any medication but advised they have recently started to use paracetamol and ibuprofen as and when required to help with pain relief.

The patient was working full-time employed in an office role at the time of the initial assessment and this has not changed.

2. Current Impact on Lifestyle

The patient reports their mobility and movement is improved but not to pre-injury level, pain in the thumb is 4/10 VAS and movement feels 75% (patient described this as blocked at the end of movement)

The patient describes the current impact of injury on hobbies and sports using a Visual Analogue Scale (VAS) (1 no impact - 10 unable to participate) as 1/10.

The patient reports hobbies and sports are generally unaffected as football and running do not require use of the thumb/wrist however they do need to be careful of 'bumping' it and this is on their mind all the time.

The patient describes the current impact of injury on activities of daily living using a VAS (1 no impact - 10 unable to perform ADLs) as 4/10.

The patient reports daily tasks and activities that aggravate the thumb injury are tying laces, popping buttons on clothing, putting on shoes.

The patient describes the current impact of injury on sleep using a VAS (1 no impact - 10 unable to sleep at all) as 1/10.

The patient reports that sleep is not affected by the injury.

The patient does not believe there are any barriers to prevent them engaging in treatment and I agree with this.

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3. Presenting Symptoms

At initial assessment the base of the thumb was slightly swollen and severely bruised up to the tip of the thumb however this has now resolved and there is only some muscle tightness and fanning over the musculature at the base of the thumb.

	Injury Area	VAS Pain Score (0-10)	Additional Details
1st Injury Area	Right thumb	4/10	Muscle tightness is visible at base of the thumb in the form of fanning.

4. Clinical Examination

	Injury Area	AROM	PROM	Muscle Strength	Additional Details
1st Injury Area	Right thumb	Flexion - 80% Extension - 70% Abduction - 100% Adduction - 100%	Flexion - 80% Extension - 70% Abduction - 100% Adduction - 100%	4/5	No additional details to note.

Muscle fanning on the palmar musculature of the hand at the base of the thumb but this is due to muscle tightness I believe, there are no other abnormal findings.

The patient had a thumb X-Ray 6 days ago and this showed that everything was in tact with no fractures, as such this can be treated as a soft tissue injury moving forwards.

The patient has a positive attitude to treatment and recovery, the only barrier may be that they have 2 young children and the constant lifting/ holding can exacerbate the thumb symptoms.

5. Progress of SMART Goals and Treatment Plan

	Goal	Barrier to achieving goal	Proposed Treatment Method	Timescale	Outcome
1)	Regain full range of motion.	Constant childcare can exacerbate thumb injury.	Manual therapy to the thumb joint, massage to the musculature around the base of the thumb. Home exercise plan (flexion, extension, adduction and abduction with elastic band).	2 weeks	Full, pain-free range of motion to complete daily tasks such as putting on shoes.
2)	Strengthen the thumb joint to enable patient can care for children	Constant childcare can exacerbate thumb injury.	Home exercise plan: Progressing flexion, extension, adduction and abduction with elastic band to using a resistance band and gripping techniques with putty.	6 weeks	Pre-injury level of strength that can manage daily childcare and other responsibilities such as sports and work.

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6. Compliance & Recovery

The practitioner reports the patient has complied with treatment.

The patient has had no issue adhering to the treatment plan provided so far.

Including assessments, the total number of sessions the patient has attended to date is x1 initial assessment and x4 treatment sessions.

The patient attended the following appointments: (Assessment) 03/11/20, 07/11/20, 12/11/20, 17/11/20

Following treatment, a full recovery has been made.

There are no additional comments to add.

The patient is making great progress towards achieving full recovery and I anticipate that with x4 weekly treatment sessions the patient should be 100% recovered on 15/12/20.

A home exercise plan has been provided to the patient.

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