



Yarm Sports and Physiotherapy Clinic

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great again"*

Reference: YSPC28072025PVS4

28th July 2025

To

GP

Bluebell Medical Centre
Trimdon Avenue,
Acklam,
Middlesbrough,
Cleveland,
TS5 8SB

Re: Prof Paul van Schaik, DOB: 18/05/1959 Physiotherapy Update

Telephone: 01642-277382

Dear GP,

I am writing to provide a further update on the physiotherapy management of Prof Paul van Schaik, who has been under my care since 3rd February 2025.

As previously outlined, the patient has been managing ongoing musculoskeletal symptoms including right-sided lower limb and pelvic pain, with variable progress in mobility and function. Treatment has included soft tissue release, stretching and mobility exercises, and a gradual increase in physical activity, including walking.

During today's review on 28th July 2025, Prof van Schaik presented with new acute pain in the right ankle, with tenderness noted over the anterolateral aspect of the joint line. There is a possibility that use of insoles on the right side is contributing to compensatory overload and discomfort in the ankle.

Additionally, the patient continues to report intermittent pain in the left hip, with fluctuating intensity describing some good days and some bad. His back was notably stiff today, although he reported that it had improved two weeks ago. This variation may be related to the way certain exercises are performed; the patient is aware of this and plans to modify his approach and observe the effect over the next two weeks.

Given the complexity and persistence of Prof van Schaik's symptoms, I will continue to monitor him closely. However, your clinical input or consideration may be appropriate, particularly in relation to the right ankle symptoms.

Please feel free to contact me if any additional information is required.

Treatments: Physiotherapy, Massage therapy, Soft Tissue Therapy, Spinal Rehab Programme,
Biomechanical assessments and gait analysis, Sports Specific Rehabilitation, Work Related Injuries

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With best wishes

Yours sincerely,

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