



## Yarm Sports and Physiotherapy Clinic

*"High quality service assured makes you feel  
great again"*

Reference: YSPC18032025PVS3

29<sup>th</sup> March 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

I am writing to provide an update regarding physiotherapy management of Prof Paul van Schaik, who has been under my care since 3rd February, attending sessions once every two weeks. On initial consultation, the patient reported pain in the right iliotibial (IT) band, calf, and knee persisting for four weeks. The pain significantly affected walking and sleep.

In my physical examination, tenderness noted on the right lateral knee and posterior knee. Right calf muscle was tender, while the IT band appeared normal. General tenderness across the posterior chain muscles. Pain and tenderness primarily localised in the muscle bulk. By the end of February, the patient reported worsening incontinence, a suspected water infection, and increased pain. Additional symptoms included groin and foot itching. In recent clinical findings (5<sup>th</sup> March 2025), Paul presented with good mobility in the lumbar spine. Increased tenderness over the pelvic/sacroiliac (SI) joint, particularly on the right side. Symptoms suggestive of a mechanical postural issue related to sitting and positioning.

My treatment has included soft tissue release for the posterior chain and back muscles. Exercises to increase mobility of the back and stretching the posterior chain muscles. I have also encouraged the patient to increase physical activity, successfully progressing their walking duration from 5 minutes to 10–15 minutes.

During the most recent session on 26th March 2025, I observed increased pain in the right lower back. Additionally, the patient appeared more health-anxious and stressed. I discussed these concerns with the patient and advised them on the potential benefits of gradually returning to work, as it may help re-establish a sense of normalcy. We also discussed the possibility of Cognitive Behavioral Therapy (CBT) as a means to address stress and anxiety related to their condition.

I am intended to closely monitor Paul's progression on the symptoms.

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

Yarm Sports and Physiotherapy Clinics Ltd | Address: 16 High Street, Yarm, TS15 9AE

07923195962  
[info@yarmsportphysioclinic.co.uk](mailto:info@yarmsportphysioclinic.co.uk)  
[yarmsportphysioclinic.co.uk](http://yarmsportphysioclinic.co.uk)



## Yarm Sports and Physiotherapy Clinic

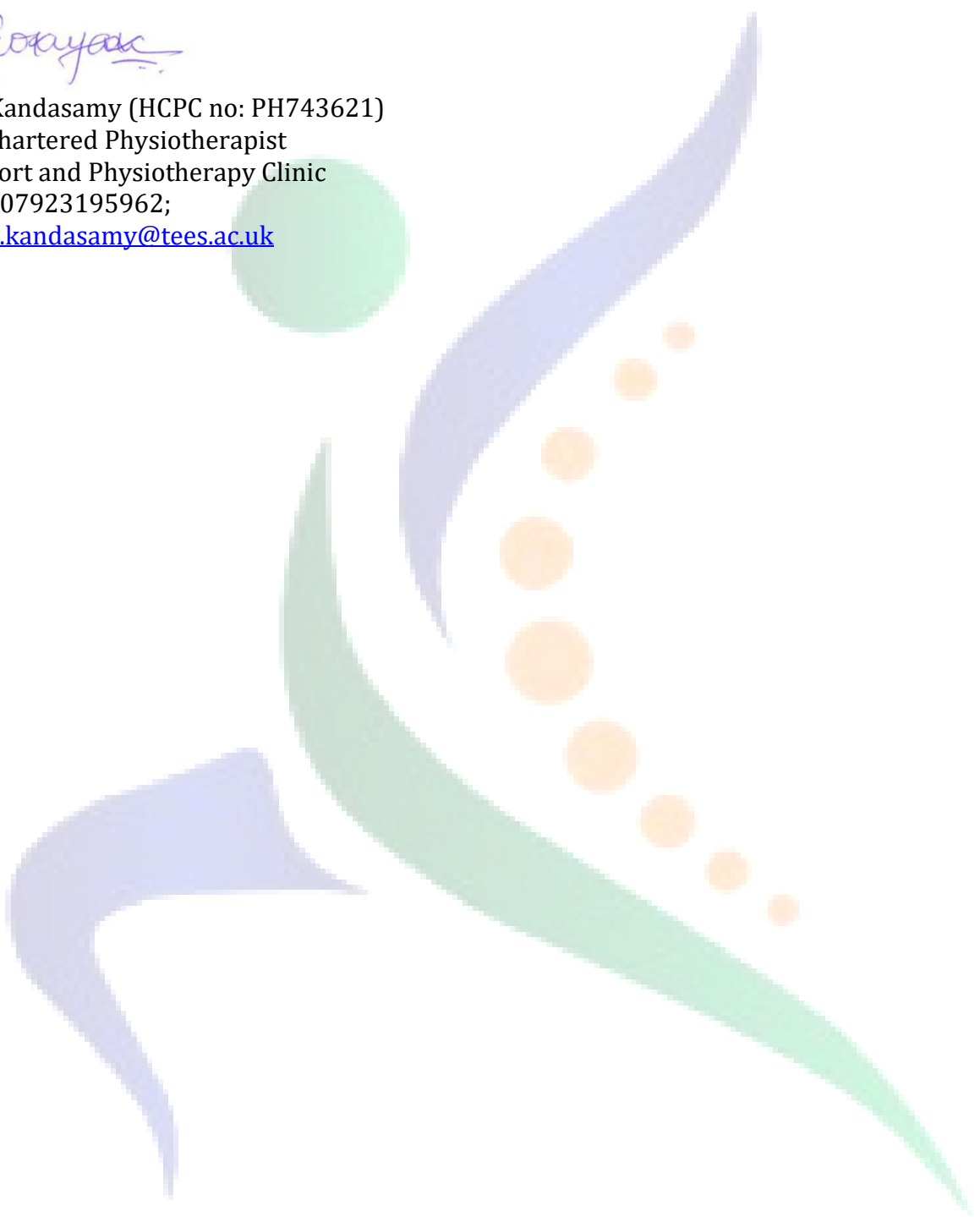
*"High quality service assured makes you feel  
great again"*

If you need any more detailed information, please feel free to contact me.

With best wishes

Yours sincerely,

Dr Gok Kandasamy (HCPC no: PH743621)  
Senior Chartered Physiotherapist  
Yarm Sport and Physiotherapy Clinic  
Mobile : 07923195962;  
Email : [g.kandasamy@tees.ac.uk](mailto:g.kandasamy@tees.ac.uk)



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

Yarm Sports and Physiotherapy Clinics Ltd | Address: 16 High Street, Yarm, TS15 9AE

07923195962  
[info@yarmsportphysioclinic.co.uk](mailto:info@yarmsportphysioclinic.co.uk)  
[yarmsportphysioclinic.co.uk](http://yarmsportphysioclinic.co.uk)