Samantha Colalillo, R.M.T  
Maple Health Care & Rehab: integrating healthcare  
http://www.maplehealthcare.com

Requested By: Mr. Andrew Glover, B.A, M.Acc., M.B.A., C.F.P.

Address: One University Financial Centre

1 university Avenue, Suite 205  
 Toronto, ON

M5J 2P1

Phone: (416) 666-0945

Date Of Request: 10/29/13

Claimant: Mrs. Rachel Dos Santos

Address: 14 Rushworth Crescents

Kleinburg, Vaughan, ON

L4H 3N5 ‎

Date of Birth: 10/08/89

Reason for Claim: Rehabilitation/car accident/Whip lash (left side)

Date of Assessment: 11/15/13

Date of Reassessment: 01/5/14

Report By: Samantha Colalillo, R.M.T

Maple Health Care & Rehab: integrating healthcare

Address: 10175 Keele Street, Unit 3,

Maple ON

Dear Mr. Andrew Glover,

You asked me to assess Mrs. Rachel Dos Santos and to answer you questions about her current health situation and prognosis. This is in respect to Mrs. Dos Santos insurance claim to your company, Sun life Financial, to cover her massage therapy treatment as initially recommended by Dr. Michael, M.D., her family physician. I initially assessed Mrs. Dos Santos on November 15, 2013 and will reassess her on January 5th, 2014; this report is based on my initial assessment.

Sincerely,

Samantha Colalillo

**1. Professional Qualifications**

I am Samantha Colalillo and I am a practicing registered massage therapist at Maple Health Care & Rehab: integrating healthcare in Maple. I am a R.M.T and have experience in rehabilitation for sport injuries, motor vehicle accidents, chronic/repetitive stress injuries and postural dysfunctions.

I have been a R.M.T. since 2009 and have taken continuant education units in body alignment, whiplash assessment, postural awareness, treatment regional orthopedics and treatment of sport injury.

**2. Patient Profile/History/Symptoms**

Mrs. Rachel Dos Santos is a 34-year-old active woman and is aware about her health and diet. Mrs. Dos Santos has a history of hypertension in her family, gets migraines from bright lights or staring at a TV/computer for more then two hours. She is a teacher at Pine Grove Elementary School on 86 Gamble Street, Woodbridge ON. She has been teacher for ten years now. On October 29, 2013 Mrs. Dos Santos got into a car accident on Rutherford and Islington coming home from work. She was making a left turn on a yellow light when someone drive through the intersection and T-boned the left side of her car. Mrs. Dos Santos had to take a week off of work because she could not rotator or laterally flex her neck. This condition has stopped her from working and getting a good night sleep. She takes Tylenol to release the pain, but it does not always work. She is now back at work but when she wanted to turn her neck to see her students she has to move her whole body.

**3. Assessment 11/15/2013**

The initial assessment with Mrs. Dos Santos found important postural findings: she is lateral flexion to left (head side bend) and slightly rotated, protected scapula’s (shoulders are rolled), and an anterior pelvis tilt. When a range motion test was preform she had pain with lateral flexion, rotation (with the left side) and slightly in extension for actively and passively. With resisted range of motion Mrs. Dos Santos was not able to resist any of the movement with out causing her neck going into spasm. When manual muscle test were preform she was grade a 3 or under for most of the muscle in her neck. She was not able to hold the left side of her neck against gravity without pain. For a special orthopedic test a distraction test was done (you lift the head off the cervical spine and see if pain is relieved). If her pain was relieved it would have been a nerve impingement but she was a negative for this test. Mrs. Dos Santos was tender when the left side of her neck was being palpated. Her Scalenes are lengthened; her upper traps and levator scapula have high resting tension.

Reassessment to be performed 01/5/14

**4. Clinical Suspicion**

Suspected whiplash in left cervical spine (muscle have been stretched and lengthened) causing her neck not to be very mobile without pain.

**5. Recommendations for Outcomes of Care**

The main long-term goal would be to assistance Mrs. Dos Santos getting back to a full day of work without pain and to be able to rotate her neck.

To help Mrs. Dos Santos regain function and return to her job and daily activities, short-term treatment goals would have to focus on her protracted shoulders and migraines.

**6. Recommendations for treatment**

Short-term treatment plan: 6x treatment sessions

First plan: 2x 45-minute treatment time/week for 3 weeks

Second plan: 1x 1-hour treatment time/ week for 5 weeks

Reassess after short-term treatment plan, refer client of continue with care long-term.

Long-term treatment plan: 9x treatment sessions

4x treatment sessions over 3 weeks, reassess, then 4x treatment sessions over 5 weeks

Reassess after 9 weeks, discharge or change and continue with treatment plan if necessary

Techniques to be used:

* Thermaphore (heat modality) to cervical spine
* Effleurage, ringing, c-kneading, specific compressions, broad contact compression, passive stretch, fascial spreading, petrissage and joint mobilization
* Active range of motion and strengthening exercises for cervical spine
* Passive stretching

NOTES: No resistance exercises before full range of motion has returned. Caution: Passive stretch to be done very slowly to reduce chances of tissue damage.

Home remedial exercises:

* Postural awareness and corrective exercises to reduce pain and aggravating factors
* Upper traps and levator scapula stretching (left side)
* Scalene strengthening (left side

**7. Clinical conclusions**

Mrs. Dos Santos’s daily living activates are severely restricted and hindered by the pain caused by whiplash. Massage therapy is recommended to treat the acute symptoms of this injury so that chronic limitations in movement and faulty posture can be corrected with ongoing treatments. By doing so will help Mrs. Dos Santos increase her function ability in her activities and return to work in the classroom and perform her duties pain free.

X

Samantha Colalillo, R.M.T

November 15, 2013