

# Bayside Family Medical Centre

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Date: 14/05/2026

To: The Physiotherapy Team, Brighton Allied Health

Dear Physiotherapist,

**Re: Mr Jonathan Hale - DOB 02/03/1978**

Thank you for seeing this 48-year-old gentleman who presents with a 6-week history of right-sided lower back pain radiating into the right buttock and posterior thigh. The pain began after lifting boxes during a recent house move.

There are no red flags: no bowel or bladder disturbance, no saddle anaesthesia, and no significant unexplained weight loss.

On examination there is reduced lumbar flexion and a positive right straight-leg raise at 45 degrees. He is neurologically intact with symmetrical reflexes throughout.

I would appreciate your assessment and management with a view to graded exercise and manual therapy. He is otherwise well, takes no regular medications, and has no relevant past surgical history.

Please do not hesitate to contact me should you require any further information.

Kind regards,

**Dr Amelia Chen**

MBBS, FRACGP - Provider No. 241863AT  
Bayside Family Medical Centre