

**WRITING SUB-TEST – TEST BOOKLET****INSTRUCTIONS TO CANDIDATES**

You must write your answer for the Writing sub-test in the **Writing Answer Booklet**.

You must **NOT** remove OET material from the test room.

## Occupational English Test

**WRITING SUB-TEST: PHYSIOTHERAPY**

**TIME ALLOWED: READING TIME: 5 MINUTES**

**WRITING TIME: 40 MINUTES**

Read the case notes and complete the writing task which follows.

### Notes:

**Assume that today's date is 10 February 2019**

You have been treating a patient, Sharyn Royale, who has right lateral epicondylitis. You are writing a letter back to her doctor, Dr Jones.

#### PATIENT DETAILS:

**Name:** Sharyn Royale (Ms), DOB: 25 Mar 1981  
**Occupation:** Personal assistant  
**G.H.:** Good, allergic to antibiotics, smoker (10 cigs/day), sedentary  
**Social:** Single, lives with sister. Leisure: computer games; internet. Seems shy/nervous.

**23 Jan 2019** Patient referred by Dr Jones – suspected lateral epicondylitis

**Complaint:** 1 mth ago developed pain in R elbow when typing as pre-holiday workload ↑ on computer. Moderate pain lateral elbow (6/10) with some radiation into forearm with prolonged typing and home-related tasks (e.g., turning on tap).  
Patient perceives loss of strength in R forearm, gradual onset over 2 wks. Typing: Painful after <15mins typing, elbow pain + (8/10).  
Handwriting: Painful after <15mins, elbow pain (5/10).  
R shoulder – occ dull ache, does not appear related to elbow pain. Dr advised 1 week off aggravated duties.

#### Physical examination:

R shoulder: No apparent distress (NAD), cervical spine: NAD Tender on palpation (palp), R lateral epicondyle (6/10)

Wrist extension (Ext): G4 with pain (5/10) Stretch ECRB/ECRL (forearm) pain (4/10)

**Diagnosis:** R lateral epicondylitis

**Treatment:** Ultrasound (US) 0.8 w/cm 2 int. x7 mins to lateral epicondyle  
Specific soft tissue mobilisations (SSTM) x4 mins Eccentric loading exercise program 2x 10 repetitions  
Advice re: icing, stretching and avoiding aggravated activities

**25 Jan 2019**

**Complaint:** No change in symptoms, and has not been typing

**Examination:** Reduced tender on palp (5/10). Less pain on resisted extension (4/10).

**Treatment:** US, massage, increased exercises  
Can restart duties: writing – 5 min; computer – avoid

**27 Jan 2019**

**Complaint:** Symptoms improved. Less pain turning on taps. 5 min writing OK.

**Examination:** Pain on palp (4/10). Ext stretch increase range, pain 2/10.

**Treatment:** US, SSTM, add weight 0.25kg to exercises  
Patient instructed to use weight with home exercises  
To try 5 min on computer every 2 hours

**Patient on holidays for a week**

**03 Feb 2019**

**Complaint:** Feeling better after holiday break.  
Can turn on taps with pain 1/10.  
Only used computer twice, but no pain.

**Examination:** Pain on palp 1/10. Wrist Ext 4+, pain 1/10.

**Treatment:** Repeat US, SSTM  
Exercises increased weight to 0.5kg  
Instructed to use ergonomic wrist rest for wrist position for mouse work.  
To return to work on light duties. Max 5 min typing/hr for first day. No heavy lifting. If no change in symptoms, can increase by 5 min every second hour on Day 2. Day 3 can increase 10 min each hour if no pain.

**10 Feb 2019**

**Complaint:** Symptoms better. No pain on turning on taps. Has increased computer time, sometimes to half an hour. Slight discomfort then. Employer is supportive of light duties.

**Examination:** Slight tenderness on palp (1/10), slight pain on resisted wrist Ext (1/10)

**Treatment:** US, SSTM, reviewed exercise regime.  
Patient advised to restrict duties. Asked to go back to Dr for review, seeking extension on light duties.

### **Writing Task:**

Using the information in the case notes, write a letter back to the referring doctor, Dr Jones, for assessment of her case and return to full duties at work. Address the letter to: Dr Felicia Jones, Fit Families Practice, 25 North Road, Newtown.

**In your answer:**

- **Expand the relevant notes into complete sentences**
- **Do not use note form**
- **Use letter format**

**The body of the letter should be approximately 180–200 words.**

Any answers recorded here will not be marked.

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**Occupational English Test****WRITING SUB-TEST: PHYSIOTHERAPY  
SAMPLE RESPONSE: LETTER**

Dr Felicia Jones  
Fit Families Practice  
25 North Road  
Newtown

10 February 2019

Dear Dr Jones,

Re: Ms Sharyn Royale  
D.O.B 25/03/1981

Thank you for referring Ms Sharyn Royale, who presented with symptoms consistent with right lateral epicondylitis, aggravated when typing at work. After five physiotherapy sessions with me, she is ready for your re-assessment.

At her first session on 23/01/19, Ms Royale complained of moderate (6/10) pain on the lateral aspect of the elbow, with some radiation into the forearm and loss of strength in the right forearm. On examination, the right lateral epicondyle was tender on palpation. Pain was aggravated by resisted wrist extension and stretching of extensors.

Ms Royale was initially treated with ultrasound, specific soft tissue mobilisations and a program of eccentric exercises. I advised her about icing and stretching, and recommended rest from the aggravating activities. Over the past three weeks, her exercise regime has been gradually increased, and she has commenced short periods of activity, including typing, without setback. She has been instructed to use an ergonomic wrist rest for mouse and keyboard work.

On re-assessment today, her presenting symptoms have significantly reduced. However, I believe she could benefit from an extension to her light duties at work, with the aim of gradually increasing her typing workload each day. I am therefore referring Ms Royale back to you for review and management regarding her return to full duties at work.

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

Yours sincerely,

Physiotherapist