

**Name: SUSMITA GARAI    Age: 22 YEARS    Gender: Female**

**Date: 15/11/2025**

**Chief Complaint**

PAIN DURING STANDING AND WALKING - 8 MONTHS

**Test Report**

X RAY OF LS SPINE 25.10.25

LUMBAR SPINE CONVEXITY

**Medical History**

NOT SUCH RELEVANT.

**Remarks**

VIT D3 - 14 ng/dl 08.7.2025

**Pain History**

Onset	GRADUAL
Duration	8 MONTHS
Aggravating Factors	STANDING AND WALKING
Relieving Factors	REST

**Bladder & Bowel Control**

NORMAL

**On Examination**

ROM	FORWARD FLEXION IS PAINFUL
Tenderness	LUMBAR PARASPINAL MUSCLES ARE TENDER

**Special Test**

SLR - NOT ABLE TO PERFORM DUE TO PAIN

**Advice**

AVOID FORWARD FLEXION, CROSS LEG SITTING

**Physiotherapy Management**

IFT, PEMF, IFT 14 DAYS, HOME EXERCISES.

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Doctor's Signature