

**Name: PEU MAJUMDER    Age: 40 YEARS    Gender: Female**

**Date: 15/11/2025**

**Chief Complaint**

LOW BACK PAIN - 7 WEEKS

**Test Report**

MRI                      DEGENERATIVE DISC DISEASE AFFECTING L5-L5 & L5-S1 B/L NERVE ROOT  
(30.10.2025)            COMPRESSION

**Medical History**

NOT SUCH RELEVANT.

**Remarks**

VIT D3 - 14 ng/dl 08.7.2025

**Pain History**

Onset	GRADUAL
Duration	6-7 WEEKS
Aggravating Factors	ADL
Relieving Factors	REST
Remarks	FORWARD FLEXION IS PAINFUL

**Bladder & Bowel Control**

NORMAL

**On Examination**

ROM	FORWARD FLEXION IS PAINFUL
Tenderness	LUMBAR PARASPINAL MUSCLES ARE TENDER

**Special Test**

**SLR - RT (0-60 DEG) LT (0-70 DEG). FABER - RT (-VE) & LT (+VE). B/L EHL IS 5/5**

**Advice**

REST, AVOID FORWARD FLEXION & CROSS LEG SITTING, USE WESTERN TOILET.

**Physiotherapy Management**

PEMF, IFT, SPINAL OSTEOPATHIC ADJUSTMENT - 14 DAYS, THERAPEUTIC EXERCISE.

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Doctor's Signature