

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.

Doctor's Signature