

Name: JYOTIRMOY DEY Age: 69 YEARS Gender: Male

Date: 15/11/2025

Chief Complaint

LBP IN BOTH RIGHT AND LEFT SIDE 2-3 MONTHS

Test Report

XRAY (30.7.2025) GRADE 1 ANTEROLISTHESIS L4 OVER L5

Medical History

HTN =VE, DYSURIA

Remarks

Pain History

Onset	SUDDEN
Duration	2-3 MONTHS
Aggravating Factors	STANDING , WALKING
Relieving Factors	REST

Bladder & Bowel Control

NORMAL

On Examination

ROM	FORWARD FLEXION S PAINFUL
Tenderness	LUMBAR PARASPINAL MUSCLES ARE TENDER

Special Test

SLUMP -VE

Advice

AVOID FORWARD FLEXION. MRI OF LS SPINE 1.5 / 3 WITH OR WITHOUT CONTRAST (PLEASE CONSULT WITH DOCTOR OF MEDICINE BEFORE MRI).

Physiotherapy Management

IFT,UST, NKT, LUMBAR CORE MUSCLE STABILIZATION

Doctor's Signature