

**Name: PAYEL MAJUMDER    Age: 27 YEARS    Gender: Female**

**Date: 16/11/2025**

**Chief Complaint**

LBP WITH BOTH LEG RADICULOPATHY - 3 YEARS

**Test Report**

MRI                    DEGENERATIVE DISC DISEASE AFFECTING L4-L5 & L5-S1. AP CANAL DIAMETER L4-  
(8.11.2025)            L5 - 14.8MM, L5-S1 - 11.6 MM

**Medical History**

NOT SUCH RELEVANT

**Remarks**

**Pain History**

Onset	GRADUAL
Duration	3 YEARS
Aggravating Factors	FORWARD FLEXION AND PROLONGED STANDING
Relieving Factors	REST

**Bladder & Bowel Control**

NORMAL

**On Examination**

ROM	FORWARD FLEXION S PAINFUL
Tenderness	LUMBAR PARASPINAL MUSCLES ARE TENDER

**Special Test**

**SLR - RT (0-70 DEG) LT (0-80 DEG) FABER - RT & LT IS -VE**

**Advice**

AVOID FORWARD BENDING, FLOOR SITTING, SQUAT LIKE MOV'T, LIFTING HEAVY OBJECT

**Physiotherapy Management**

PEMF, IFT (ADICULOPATHY PATTERN), SPINAL OSTEOPATHIC ADJUSTMENT. 14 DAYS

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Doctor's Signature