

**DEPARTMENT OF HEALTH & FAMILY WELFARE**  
**PHYSICAL MEDICINE & REHABILITATION**  
**GOVERNMENT OF WEST BENGAL**

**OPD Patient Card**  
 R.G. Kar Medical College & Hospital

User Name :  
 sanghamitra

1, Khudiram Bose Sarani, Kolkata-700004 Paid Rupees : 2  
 (PH:033-25557676)

Name : ANOWARA BIBI	[RGKM/OR1800712859]	Day : Monday
Sex : Female	Age : 50 Yrs. 0 Months 0 Days	Reg. No. : RGKM/RG1800772711
Ref. From :		Reg. Date : 05-11-2018
Visit No. : 1	Department : PHYSICAL MEDICINE & REHABILITATION	Card No. : RGKM/OR1800712859
Doctor/Unit Name (DOW) : Dr. Prof. P.K. Manda/Dr. Tuhin Ray (Asst. Prof.)	Visit Date : 05-11-2018	Time : 09:32AM
Room No. : 110	Entry No. :	

Visit Date : Tm.	Visit No. : 2
Department :	
Doctor/Unit :	
Entry No. :	

Visit Date : Tm.	Visit No. : 3
Department :	
Doctor/Unit :	
Entry No. :	

Visit Date : Tm.	Visit No. : 4
Department :	
Doctor/Unit :	
Entry No. :	

**Clinical Notes**

**ADVICE**

05 NOV 2018

LBP & R

H/O hypothyroidism

PT  
 • spinal stabilisation  
 • Core Muscle Strengthening  
 • ISO knee EX  
 • VMO & QUA stretching EX

Prof. (Dr.) P. K. Mondal  
 M.B.B.S. (Cal), M.D. (Cal), HSS  
 Dept. Physical Medicine & Rehabilitation  
 R.G. Kar Medical College, Kolkata-4

গোত্র-বুজাতি

L-S Corbora belt  
 • FBS, PPBS, FT<sub>4</sub>, TSH, Uric acid, AM  
 CBC, ESR, CRP

• MRI L/S spine & B/L Sacro-iliac joint

✓ T. T<sub>4</sub> Thiox-OD(2) 1, ODR X10 2y

• T. Ralazo 1, ODR

✓ T. ~~Calcium~~ Oesthor 1, ODR X 20 2y

✓ Paindura gel locally

• Temp. cal 1, ODR

• T. AMT(25) 1/2 ODR

• T. Gabapm(300) 1, ODR

• TCA 4 alm

Dr. T. Ray, Asst. Prof.  
 MBBS (Cal), MD (Cal)  
 Dept. of Physical Medicine & Rehabilitation  
 R. G. Kar Medical College, Kolkata-4

11/05/2018 09:35 AM