

**DEPARTMENT OF HEALTH & FAMILY WELFARE  
GOVERNMENT OF WEST BENGAL**

**PHYSICAL MEDICINE & REHABILITATION OPD Patient Card**

R.G. Kar Medical College & Hospital      User Name : buddhu  
1, Khudiram Bose Sarani, Kolkata-700004      Paid Rupees : 2  
(PH:033-25557676)

**ALAMIN SARDAR**

Name : ALAMIN SARDAR	[FCIM] R10001870021	Day : Tuesday
Sex : Male	Age : 38 Yrs. 0 Months 0 Days	Reg. No.: BKMR/RS180507647
Ref. From :		Reg. Date : 07-08-2018
		Card No.: BKMR/OR1800407602
Visit No. : 1	Department : PHYSICAL MEDICINE & REHABILITATION	Visit Date : 07-08-2018
Doctor/Unit Name (DOW) :	Dr. S. Swarnal (Asst. Prof)	Time : 11:30 AM
Room No. :		Entry No. :

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

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

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

Clinical Notes	ADVICE
<p align="center"><b>07 AUG 2018</b></p> <p><u>P/w/c</u> LBP radiation.</p> <p><u>Plan</u> Screening MRI - SI joint.</p>	<p align="center">Physical Medicine &amp; Rehabilitation OPD R.G. Kar Medical College, Kolkata</p> <p><u>Advice</u></p> <ul style="list-style-type: none"> <li>• T. Dimecin R (75) - 1 tab ODPC x 10 days (after dinner)</li> <li>• T. Dimecin (25) - 1 tab ODPC x 10 days (after breakfast)</li> <li>• T. Rabe (20) - 1 tab ODAC x 10 days.</li> <li>• T. (Ca+vit+D3) - 1 tab OD x 30 days.</li> </ul> <p><u>PT</u> Spinal stabilization ex. Core muscle strengthening ex.</p> <p align="right"><i>[Signature]</i></p>