

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

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

9143314870

HIRA GURIYA [RGKM/OR1800735781] Thursday
 Name : Female 52 0 0 Day RGKM/RG1800797879
 Sex : Age : Yrs. Months Days Reg. No.: 15-11-2018
 Ref. From: PHYSICAL MEDICINE & REHABILITATION Card No.: RGKM/OR1800735781
 Visit No. : 1 Department : Dr. Prof. P.K. Mandal/Dr. Tuhin Ray (Asst. Prof.) Visit Date : 15-11-2018 Time : 11:23AM
 Doctor/Unit Name (DOW) : Room No. 110 Entry No. :

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

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

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

Clinical Notes	ADVICE
<p>15 NOV 2018</p> <p>90% (L) CTS</p> <p>X-Ray (9s) :- Straightening of C-spine (?) Reversal (4s) :- Sacralization of L5. (Rebriolsthesis of L4-L5)</p> <p>M/C/O :- Hypothyroidism HTN.</p> <p>→ Calcaneal spur (+)</p>	<p>Prof. (Dr.) P. K. Mandal M.B.B.S. (Cal), M.D. (Cal), HOD Dept. Physical Medicine & Rehabilitation R.G. Kar Medical College, Kolkata-4</p> <p>সোম-বৃহস্পতি</p> <p>Dr. T. Ray, Asst. Prof. M.B.B.S. (Cal) MD (Cal) Dept. Physical Medicine & Rehabilitation R.G. Kar Medical College, Kolkata-4</p> <p>Use soft sole shoe & silicon heel. Use contour (4s) support belt.</p> <p>BLOOD TEST CEC, ESR, CRP FBS, PPBS FT, TSH, URIC ACID Ca²⁺, LFT, B5(OH)D</p> <p>BIG X-RAY OF :- C-SPINE-AP & LAT L-S SPINE-AP & LAT B/L KNEE <AP (STANDING) LAT (30° FLEXION)</p> <p><u>MRI of Cervical spine *</u></p> <p>• Tab. Flexura D - 1 tab BDPc x 15d. • Tab. Rabe (20) - 1 tab ODAC x 15d. • Tab. Cal (500) - 1 tab ODAS x 1m. • Tab. <u>Nesner Plus</u> - 1 tab ODAS x 1m (@ 9pm).</p> <p>Hot compression - (30) ↓ Thioimin plus gel locally.</p> <p>→ P/O (1) Spinal extension ex - (3) (2) PF stretching. (3) Deep breathing ex.</p>

