

DEPARTMENT OF HEALTH & FAMILY WELFARE  
 GOVERNMENT OF WEST BENGAL  
 OPD Patient Card

Clinical Notes	ADVICE
<p style="text-align: right;"><b>31 MAY 2018</b></p> <p>X-ray L-S spine                      → Grade I spondylosis                      L4 over L5</p> <p>X-ray pelvis &amp; both hip                      (R) shoulder</p> <p style="text-align: center;">(331)</p> <p>Prof. (Dr.) P. K. Mondal                      M.B.B.S. (Gen), M.D. (Cal), M.O.D.                      Dept. of Physical Medicine &amp; Rehabilitation                      R.G. KAR Medical College, Kolkata-64</p> <p style="text-align: center;"><b>31 MAY 2018</b></p> <p>CPD - LBP with                      radiation to                      (R) LL - 2001.                      ↓                      traction ladder                      2001.</p> <p>She is complaining                      of pain and                      stress <u>circumference</u>                      and tenderness over                      (R) suprascapular                      region</p>	<p style="text-align: center;"><u>Adv</u></p> <p>① Blood for (F) Sugar                      Uric acid</p> <p>② Refs to <u>PNR</u></p> <p style="text-align: right;">31/5/18</p> <p>Blood - FBS, Hb, F/Ty, CR.</p> <p>- Avoid lifting heavy weight/extension                      traction.</p> <p>- Chair Bunk type w/s toam.</p> <p>- lumbar flexion <del>to</del> Ext.</p> <p>- UB + LB stretching } PP</p> <p>- core muscle strengthening }</p> <p>① 7. Gabapin - ME (100/500) 1 tab BD <u>at home</u>.</p> <p>② Apply Voltara gel locally - <u>BD at home</u>.</p> <p>③ 7. Wellego - CR (1 tab OD <u>at home</u>)</p> <p>④ 7. Calcyf (1 tab OD <u>at home</u>)</p>

Ref to Neurologist - OPD / ...