# Medical Symptom Assessment Report

## Symptom Responses

- Is the back pain localized to one specific area, or is it more widespread?: No

- How would you rate the intensity of the pain on a scale of 1-10, where 1 is no pain and 10 is the worst pain imaginable?: Mild

- Does the pain radiate to other parts of your body (e.g., legs, arms)?: No

- Does the pain worsen with movement or physical activity?: Mild

- Does the pain improve with rest?: No

- Do you experience any stiffness or limited range of motion in your back?: No

- Have you experienced any recent trauma or injury to your back?: Mild

## Additional Symptoms

- Back

## Predicted Diseases

- 🧠 Lower Back Pain - High Probability

📝 Back pain is a very common symptom and often indicates problems with the muscles, ligaments, or bones in the lower back. It's a broad symptom, but the most likely cause is musculoskeletal.

⚠️ Precautions: Maintain good posture, lift heavy objects correctly, get regular exercise (especially core strengthening), avoid prolonged sitting or standing, manage stress.

🛠️ Remedies: Over-the-counter pain relievers (ibuprofen, naproxen), heat or ice packs, rest, gentle stretching, physical therapy, chiropractic care. If pain is severe or persistent, consult a doctor.

- 🧠 Spinal Stenosis - Medium Probability

📝 Spinal stenosis, a narrowing of the spaces in the spine, can cause back pain, especially in older adults. The narrowing puts pressure on nerves, causing pain that can radiate down the legs.

⚠️ Precautions: Maintaining a healthy weight, regular low-impact exercise to strengthen core muscles, avoiding activities that aggravate symptoms.

🛠️ Remedies: Physical therapy, medications (pain relievers, muscle relaxants), epidural steroid injections, surgery (in severe cases).

- 🧠 Sciatica - Medium Probability

📝 Sciatica is pain that radiates along the sciatic nerve, which runs from the lower back down through the buttocks and legs. It's often caused by a herniated disc or spinal stenosis.

⚠️ Precautions: Maintaining good posture, regular exercise, avoiding activities that aggravate symptoms, managing weight.

🛠️ Remedies: Over-the-counter pain relievers, physical therapy, steroid injections, surgery (in severe cases).

⚠️ This is not a diagnosis. Please consult a doctor.