# Medical Symptom Assessment Report

## Symptom Responses

- Is the back pain constant or intermittent?: No

- How would you rate the intensity of the pain at its worst?: Mild

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

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

- Does the pain improve with rest or specific positions?: No

- Do you experience any numbness or tingling sensations in your legs or feet?: No

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

## Additional Symptoms

- Back pain

## Predicted Diseases

- 🧠 Lumbar Sprain/Strain - High Probability

📝 Back pain is the most common symptom of lumbar sprain/strain, often caused by lifting heavy objects, twisting motions, or sudden movements.

⚠️ Precautions: Maintain proper posture, lift objects correctly using leg muscles, avoid twisting motions, exercise regularly to strengthen back muscles, and maintain a healthy weight.

🛠️ Remedies: Rest, ice/heat application, over-the-counter pain relievers (like ibuprofen or acetaminophen), physical therapy, and in some cases, muscle relaxants prescribed by a doctor.

- 🧠 Sciatica - Medium Probability

📝 Sciatica, caused by compression of the sciatic nerve, often presents with pain radiating from the lower back down the leg. Back pain is a primary symptom.

⚠️ Precautions: Maintain good posture, avoid prolonged sitting or standing, stretch regularly, strengthen core muscles, and maintain a healthy weight. Consider ergonomic adjustments to your workspace.

🛠️ Remedies: Physical therapy, pain management medication (over-the-counter or prescription), nerve glides, spinal manipulation (chiropractic care), and in severe cases, surgery.

- 🧠 Degenerative Disc Disease - Medium Probability

📝 As intervertebral discs degenerate with age, they can cause chronic back pain. This is often a gradual onset, and pain can vary in intensity.

⚠️ Precautions: Maintain a healthy weight, exercise regularly to strengthen back and core muscles, practice good posture, and avoid activities that put excessive strain on the back.

🛠️ Remedies: Pain management (medication, physical therapy), spinal injections (epidural steroid injections), surgery (in severe cases), and lifestyle modifications (weight loss, exercise).

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