

Experience of Practice: 8 years

## Dr. Abhinav Yadav

(MBBS, MS-Orthopaedics, DNB)

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1097 sector-40:near unitech cyberpark:Shaheed Major Vikash Yadav Marg, Sector 40, Gurugram, 122001, Haryana, India

Name: Chander Verma Age: 28 Years

Gender: M Date: 8/2/2020

Prescription: complaint of whole backache since 2 years. no radiculopathy, neurology normal.

Diagnosis: Mechanical Backache

Back Extensor muscle strenghtening excercises. Core muscle strengthing excercises. Hot fomentation tablet etoshine mr sos sachet calcirol once a week 60000 I U per week. 2 Medicine:

months

Remarks:

Test:

Dr. Abhinav Yadav

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