FOR YOUR EYES ONLY

Bilateral Radiculopathy 20%+20%

MAKE SURE TO REWATCH THE BACK PAIN C&P EXAM PREP LESSON PRIOR TO YOUR EXAM

EDIT ALL HIGHLIGHTED PORTIONS and whatever else necessary in order to be truthful.

CLICK [HERE](https://www.vba.va.gov/pubs/forms/VBA-21-4138-ARE.pdf) TO DOWNLOAD THE OFFICIAL PERSONAL STATEMENT FORM 21-4138

<https://www.va.gov/find-forms/about-form-21-4138/>

**INTEL BREIFING:**

* **40% VA Rating for Back Pain:** Unfavorable ankylosis of the entire cervical spine; or, forward flexion of the thoracolumbar spine 30 degrees or less; or, favorable ankylosis of the entire thoracolumbar spine
* **30% VA Rating for Back Pain:** Forward flexion of the cervical spine 15 degrees or less; or, favorable ankylosis of the entire cervical spine

\*\*REMOVE THE COLORS ON YOUR FINAL DRAFT\*\*

--------------------------------------------------------------------------------------------------------------------------------------------DO NOT INCLUDE ANYTHING ABOVE THIS BREAK-------------------------------------------------------------------------------------------------------------------------------------------

Dear Sir/Madam,

My name is [Your Name], and I am a proud veteran who served our country with dedication and honor. Throughout my service, I developed severe back pain that has progressively worsened over the years, resulting in an undeniable toll on my daily life and wellbeing.

My back pain originated [during/after] my military service (see submitted medical records), due to the physical demands and strain of carrying heavy gear and participating in intense physical training. This continuous burden led to the initial onset of my debilitating back pain. Over time, the pain has become unbearable and has begun to radiate, causing severe numbness and shooting pain and tingling that shoots down both my legs and feet.

The numbness and tingling pain especially pronounced after long periods of rest or during the night, disturbing my sleep and leaving me feeling exhausted and drained.

My pain intensifies to the point of distraction, making it hard to focus on daily activities or tasks at hand. As a result, I find myself retreating from social events and activities I once enjoyed, which has led to feelings of isolation and has negatively impacted my quality of life.

I am writing this personal statement in hopes of expressing the severity and the reality of my situation. This is not just back pain; it's a debilitating condition that pervades every aspect of my life. I'm hopeful that a thorough understanding of my condition will provide insight into the severity of the pain and discomfort I experience daily as a direct result of my service to our country.

Sincerely,

[Your Name]