FOR YOUR EYES ONLY

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 BRIEFING**: 38CFR states: 30% VA Rating for Neck 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.”*

Favorable ankylosis is a condition of fixation of a spinal segment in neutral position at zero degrees

PAINFUL MOTION PRINCIPLE: if you have pain upon flexion or extension of your neck or shoulder, the VA is required to award the minimum compensable rating for the condition, which is 10%.

BILATERAL RADICULOPATHY (UPPER EXTREMITIES) IS RATED AT AN **ADDITIONAL** 20% PER SIDE!

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

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

Dear Sir/Madam,

I have been experiencing consistent neck pain (diagnosed as [INSERT NECK DIAGNOSIS], see submitted medical records) that has been accompanied by numbness and tingling sensations radiating down both of my arms. The discomfort began subtly a few years ago and has since progressed, affecting daily tasks like holding objects and typing. My range of motion in my neck also continues to decline and it hurts to move. I've sought medical interventions, but the root cause remains. This condition has not only been physically debilitating but emotionally taxing as well, impacting my daily activities and overall quality of life.

I request that my symptoms be taken into serious consideration for evaluation and treatment.

Sincerely,

[YOUR NAME]  
[Date]