

Recovery Plan for sm

⚠️ URGENT: Immediate Professional Attention Required



Your condition shows serious findings that need specialist consultation. Do not delay treatment.



Contact Dr. Vanshika Immediately



Your Personalized Assessment

Likely Diagnosis Lumbar Strain + Possible Disc Herniation

Dr. Vanshika's Assessment:

As a cricketer, your back pain likely stems from repetitive twisting and sudden movements during batting/bowling, compounded by heavy gym loading. The combination of dynamic sports actions and weight training (especially deadlifts/squats) creates excessive shear forces on the lumbar spine. At 34, your intervertebral discs have reduced hydration, making them more susceptible to injury during high-velocity rotations. The 10/10 pain suggests acute muscular guarding or possible nerve involvement - we must rule out disc pathology.



Book Dr. Vanshika Now – Get Expert Guidance

Certified Physiotherapist • 40–60% Faster Recovery • Personalized Care



Radiology / Imaging Findings (AI Analyzed)

⚠️ AI Could Not Analyze Your Report

Our AI vision system was unable to process your medical report. This could be due to image quality, format, or complexity.

📞 Please share your report directly with Dr. Vanshika for expert analysis:

[Contact Dr. Vanshika on WhatsApp](#)

○ What's Causing This?

🔍 AI Analysis:

- **Rotational overload** from cricket strokes compressing lumbar facet joints
- **Gym-related axial loading** during squats/deadlifts with compromised form
- **Muscle imbalance** between overdeveloped erector spinae and weak transverse abdominis
- **Reduced disc elasticity** age-related changes decreasing shock absorption

Your Complete Recovery Plan

TIMELINE
4–6 weeks

YOUR AGE FACTOR
Standard recovery expected

URGENCY
Moderate

📅 Week 1–2 (Protection)

Strict rest, ice 15min every 2 hours, NSAIDs as prescribed. Sleep with pillow between knees.

📅 Week 3–4 (Progress)

Begin McKenzie protocol extensions, isometric core activation, aquatic therapy

📅 Long Term (Maintenance)

Long-term Rotational core stability program, modify cricket technique, gym load management

⚠ Warning Signs – Seek Immediate Care If:

- Loss of bladder/bowel control
- Severe leg weakness
- Numbness in groin area

>Your Exercise Program

sm, here is your back exercise program: Focus only on gentle, pain-free movements. Stop immediately if pain increases. **Frequency:** Once daily initially



(<https://www.youtube.com/watch?v=kqnua4rHVVA>)

1. Cat-Cow

Adaptive

SETS REPS
3 **10**

AI Prescribed specific to your job/sport conflict.

(https://www.youtube.com/results?search_query=Dead%20Bug%20exercise%20physical%20therapy)

2. Dead Bug

Adaptive

SETS REPS
3 **12/side**

AI Prescribed specific to your job/sport conflict.

(https://www.youtube.com/results?search_query=McKenzie%20Press-Up%20exercise%20physical%20therapy).

3. McKenzie Press-Up

Adaptive

 **Level Up:** Can be done with Dumbbells

[Check Dumbbells Price →](#)

SETS REPS
4 **15**

AI Prescribed specific to your job/sport conflict.

Essential Support Gear



Dr. Vanshika recommends these based on your pain scale (10/10).



Backrest Cushion

[Check Price on Amazon](#)



Lumbar Belt

[Check Price on Amazon](#)



Cervical Pillow

[Check Price on Amazon](#)



Recommended for Back Pain



IFT Therapy

Deep muscle relaxation and pain relief



Lumbar Traction

Spine decompression for disc issues

At pain level 10/10, these therapies accelerate recovery.

Professional therapy + home exercises = fastest recovery

Work & Activity Advice

Restrictions During Recovery:

- No batting practice for 3 weeks
- Absolute contraindication: Olympic lifts

Workplace Modifications:

- Switch to side-arm bowling temporarily
- Replace barbell squats with belt squats during rehab

Personalized Diet Plan



Your BMI: 21.4

Normal

Your Daily Nutrition Targets (Based on 67kg, 177cm):

- **Calories:** 2215 kcal/day
- **Protein:** 107g (essential for tissue repair)
- **Carbs:** 307g (energy for healing)
- **Fats:** 62g (healthy fats for inflammation control)
- **Water:** 3.5L/day (extra for disc hydration)

Weight Status: You're within a healthy weight range - maintain this for optimal joint health.

sm, your vegetarian diet provides excellent recovery nutrition with dairy and plant proteins.

👉 Protein for Recovery:

Include paneer, yogurt, eggs (if eaten), and legumes at every meal. Palm-sized protein portions.

Recommended Foods:

- Paneer (cottage cheese)
- Greek yogurt/dahi
- Eggs (if included)
- All dals and legumes
- Milk and buttermilk
- Soy products
- Nuts and seeds
- Turmeric (haldi) + black pepper
- Ginger (adrak)
- Berries and colorful fruits
- Green leafy vegetables

○ Foods to Avoid:

- Deep-fried pakoras/samosas
- Excessive sweets
- Processed cheese

Hydration: sm, hydration is critical for healing - aim for 3+ liters minimum. Dehydration worsens pain perception.

Supplements: Most nutrients from diet. Consider vitamin D if limited sun.

 Your Daily Meal Chart

Breakfast

7:30 AM

| Food | Qty | P | C | F |
|----------------|---------|-----|------|-----|
| Poha | 2 bowl | 12g | 75g | 8g |
| Peanut Chutney | 30g | 6g | 5g | 10g |
| Banana | 1 | 1g | 25g | 0g |
| Total | 574 cal | 19g | 105g | 18g |

Lunch

12:30 PM

| Food | Qty | P | C | F |
|--------------|----------|-----|------|-----|
| Brown Rice | 1.5 cup | 6g | 66g | 3g |
| Dal Tadka | 1.5 bowl | 18g | 30g | 5g |
| Palak Paneer | 150g | 22g | 12g | 18g |
| Curd | 1 bowl | 8g | 10g | 5g |
| Total | 795 cal | 54g | 118g | 31g |

 Dinner

7:30 PM

| Food | Qty | P | C | F |
|-------------------|---------|-----|-----|----|
| Jowar Roti | 3 pcs | 9g | 60g | 3g |
| Soya Chunks Curry | 100g | 52g | 10g | 2g |
| Cucumber Salad | 1 bowl | 2g | 8g | 0g |
| Total | 554 cal | 63g | 78g | 5g |

 Snacks

10:30 AM / 4:30 PM

| Food | Qty | P | C | F |
|---------------|--------|-----|-----|-----|
| Sprouts Chaat | 1 bowl | 15g | 30g | 5g |
| Almonds | 10 pcs | 6g | 6g | 14g |
| Green Tea | 1 cup | 0g | 0g | 0g |

| | | | | |
|-------|---------|-----|-----|-----|
| Total | 292 cal | 21g | 36g | 19g |
|-------|---------|-----|-----|-----|

Daily Totals:

| | | | | |
|------------------|-----------------|---------------|-------------|--|
| 2215 Calories | 157g Protein | 337g Carbs | 73g Fats | 3.5 (extra for disc hydration)L Water |
| | | | undefined | |



Professional Consultation

sm, High - Professional assessment recommended within 48–72 hours With pain at 10/10, professional assessment is recommended.

Recommended Specialists: Physiotherapist, Spine Specialist, Orthopedic Surgeon