

## 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](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](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
<b>Total</b>	<b>574 cal</b>	<b>19g</b>	<b>105g</b>	<b>18g</b>

### 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
<b>Total</b>	<b>795 cal</b>	<b>54g</b>	<b>118g</b>	<b>31g</b>

### 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
<b>Total</b>	<b>554 cal</b>	<b>63g</b>	<b>78g</b>	<b>5g</b>

### 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