

MRI Report Summary (In Hindi)

MRI Report Samajhne Layak Bhasha Mein (Hindi Summary)

Aapki MRI report mein kuch important points hain jo niche bataye gaye hain:

Kya serious ya emergency wali baat nahi hai:

- Spine ki haddiyan (vertebrae) bilkul theek hain - unki height aur alignment normal hai.
- Spinal cord (reedh ki haddi ke andar ka naadi tantra) mein koi damage nahi hai.
- Conus medullaris (spinal cord ka last part) normal hai.
- Kisi bhi level pe severe stenosis (bahut zyada tang hona) nahi hai.

Lekin kuch dikkat hai, jiska dhyan rakhna zaroori hai:

- L4-L5 aur L5-S1 level pe disc bulge hai - jo nerves ko dabaa raha hai, khaaskar left side pe.
- Yeh disc bulge thecal sac (spinal cord ke cover) ko dabaa raha hai, aur nerve pain aur jhanjhanahat ka kaaran ho sakta hai.
- Disc desiccation (disc ka sukhna) bhi dikh raha hai - jo early degeneration ka sign hai.
- Bertolotti's syndrome ka doubt hai - jisme L5 ki haddiyan thodi alag hoti hain aur lower back pain ka reason ho sakti hain. CT scan se iski confirmation milegi.

Aapke liye kya karna zaroori hai:

- Physiotherapy aur proper posture maintain karna bahut zaroori hai.
- Aage jhukne se bachna, lumbar support lena, aur regular stretching karna chahiye.
- Agar pain zyada ho to ek orthopedic doctor aur spine physiotherapist se consult karna chahiye.
- CT scan bhi karwayen jaise recommend kiya gaya hai, Bertolotti's confirmation ke liye.

Aapki condition mild to moderate hai. Sahi treatment aur lifestyle changes se aapko long-term relief mil sakta hai.

Is report ka prayog aap doctor ke saath consultation mein reference ke roop mein kar sakte hain.