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| Name: MR. MANISH DWIVEDI | Reg No: 15-1SMHC19 |
| Age / Sex:28/M | Contact No:8826238994 |
| Marital Status:SINGLE | Date:23/1/19 |
| Occupation: JTO . STUDIED MTECH | Dr. PJFP |
| Address:NATIVE UP. IN BLORE SINCE 4 MONTHS | DIAGNOSIS- |

1. BELOW KNEE PAIN. SINCE 3 MONTHS. BEFORE IT WAS LESS ON AND OFF. BUT NOW ITS INCREASING SINCE COMING OT BLORE. < CLIMBING STAIRS, CYCLE
2. LBA SINCE < BENDING, PHYSICAL EXERTION > MOVEMENT LIKE TWISTING SIDE OT SIDE, LYING FR AN HOUR.

* TONUGE ON THE SIDES IS SERRATED.
* H/O OF IBS 3-4 YEARS. PASSES STOOL FREQUENTLY. ANY TENSION IMM GETS THIS PROBLEM.

RX:

1. ARNICA200+RUTA200+SYMPYTHUM 200 – 4-4-4-4 3 DRAM PILLS.
2. CALC PHOS +SIL 6X – DISC 4-4-4-4 15 GRAMS.