

PLACEHOLDER ORDINATION NAME  
PLACEHOLDER TYPE OF ORDINATION  
PLACEHOLDER NAME AND LOCATION

Ime i prezime pacijenta: Patient Patientich  
Datum rođenja: 01.01.2000.  
JMBG: 1234567891011

DG: Degenerative Disc Disease  
Lumbar Region with Spinal Stenosis and Radiculopathy  
Causing Chronic Lower Back Pain

The patient presents with a history of chronic lower back pain, lasting for more than six months, associated with intermittent numbness and tingling in the lower extremities. MRI scans reveal degenerative changes in the lumbar intervertebral discs, particularly at the L4-L5 and L5-S1 levels.

There is evidence of spinal stenosis with compression of the nerve roots, contributing to radicular symptoms. Physical examination shows limited range of motion, tenderness on palpation in the lower lumbar region, and positive straight leg raise test bilaterally.

Treatment options discussed include physical therapy, pain management through NSAIDs, and potential epidural steroid injections. Patient advised to avoid heavy lifting and to consider surgical consultation if symptoms worsen or fail to improve with conservative measures.

21.10.2024. Beograd

PLACEHOLDER DR NAME  
PLACEHOLDER SPECIALISATION NAME

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DG: IDEM

The patient has completed a 6-week course of physical therapy focusing on lumbar stabilization exercises and posture correction. The patient reports significant reduction in pain levels, with improved mobility and function. Strength and flexibility in the lumbar region have increased, and straight leg raise test shows negative results on both sides.

The patient was instructed to continue with home exercise programs to maintain strength and flexibility. NSAIDs were used as needed for pain management, with a marked decrease in frequency. The patient was also educated on ergonomics to prevent recurrence of symptoms.

Follow-up in 4 weeks is recommended to assess long-term progress and to determine if any additional interventions are needed.

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