

Statement in Support of Claim

Veteran: James Frederick Livingston

Claimed Conditions: Lumbosacral Strain (Back) and Right Lower Extremity Radiculopathy

Date: April 12, 2025

I am submitting this statement in support of my deferred claim for lumbosacral strain and right-sided radiculopathy.

I experience daily lower back pain that worsens with both prolonged sitting and standing. I work at a desk, and after about 30 to 45 minutes, I have to stand or change positions due to stiffness and discomfort. Prolonged standing also aggravates the pain, causing me to shift positions frequently or lie down.

During flare-ups, which occur several times a week, I have difficulty bending, lifting, or climbing stairs. The pain often radiates down my right leg, causing numbness, tingling, and sharp shooting pain that affects my ability to walk and maintain balance. At night, I frequently wake up due to discomfort in my lower back and legs, and I find it difficult to stay in one position for more than an hour.

These symptoms have significantly impacted my daily activities, including my work and sleep. I respectfully request that this statement be considered as additional evidence in support of my back and radiculopathy claims.

Signature:  _____