Rakshit kumar

Pts age :26yrs

Pd:lower back discomfort radiating to rt feet

c/c:since 1yr it more than 1yr back showed to ortho and xryaw as normal

now its hurting not exactly but lower back turns numb and I feel discomfort starts radiating to left lower back than I get up and take walk

stiffnes sin lower back ni but discomfort deinately rehta hai

in sleep when I lie down I am restless to get right position

t/t:ns

ass comp:

ns

exercise :stretching which drs have told

f/h:ns

personal h/o:

apettite :averagely good

thirst :very less

motions:clear

sleep:10hrs

stress:monotonous life style

fu 6-10-13

stiffness and numbness in lower back is same

mri lumbo sacral:

minimal difuse disc buldge with mild to moderate posterocentral disc protrusion at l4-l5 level compressing the thecal sac and leading to moderate central canal marrowing there is mild lateral recess narrowing resulting indentation on to bilateral descending l5 nerve roots

mild asymmetric disc cbuldge at l5/s1 level compressing the thecal sac with mild central narrowing –mild laterl recess mnarrowing resulting indentation on to bilateral s1 nerve roots

wanst to still continue with physio first and tehn try ….