Date	Clinical Details & Advice
	6. HWF locally TDs ↓ Back 7. Voltira APS locally TDs ↓ 8. Exercises as taught — T/H Postural Anti-Rh, Anti gravity Hip Stretch Etc 9. Continue Knee Brace + Modified Shoes. 10. General surgery consult for Venous problems in B/L LL. Review 1 week/SIS.

P.M.R.O.P.D
(REHAB CLINIC)
MON. ~~TUES~~ THURS. ~~FRIDAY~~

Adv:
1. Cryotherapy (15) Knee & SITD (Lower Back) X 6
2. Continue ①②③⑤⑥⑦⑧⑨
3. Tab Dolonex Rapid BD x 2 days then OD 12 days

Date	Clinical Details & Advice
	CBC – WNL. ESR – 21 Creatinine 0.93 Urea 24.00 Uric Acid – 6.8 SGOT/SGPT 21/19. Calcium (Total) – 9.40 Calcium (Ionic) – 1.24 Alk Phosphatase 87 Phosphorus 4.0 Vitamin D – 23.9 900. ~~RBS/FBS/PBBS~~ HbA1C – 5.3. TSH – 4.52 Vitamin B12 377. ~~CK/CKMB~~ ~~ASO/CRP/RA~~ ~~HBsAg~~ Urine R & M Lipid Profile Chol 232 HDL 40.0 LDL 157 VLDL 35 Tg 174.
16/9/19	c/o ⇒ venous dilatation over B/L LL x 5 months O/E ⇒ Multiple dilated venous channels over Rt thigh with brown pigmentation in Rt LL. R/o ⇒ Lymphedema - Limb elevation as advised - Tab Daflon 500 mg BD x 1 day - R/w ⇒ Reports 4. Rest x 2 weeks. 5. Shoe modification as adv on 3/6/19 Compensatory Universal raise (2) 6. Continue Postural care/Precautions for Neck/Back/All Illness 7. Rehab Physio for Fx assessment + Relaxation exercises x 3 alternate days. 8. Review 1 week.

Pt. LL venous color doppler

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Date	Clinical Details & Advice
16/9/19	S/B C. Psychologist Counseling Session done.
18/9/19	S/B C. Psychologist - counselling session done. - Morning Walk - 45 min - Deep breathing exercises. - Develop +ve thoughts - Develop habit of "smiling" & "Relax".

P.M.R.O.P.D
(REHAB CLINIC)
MON. TUES. THURS. FRIDAY

Adv.
1. Resume ~~SITD~~ Brace sessions
2. Cryotherapy to knee.
3. Stop Compression Start ~~Lt~~ Knee Sit Ups (Strengthening)

जनरल सर्जरी ओपीडी
यूनिट-2
डा० राजीव कुमार भट्ट
डा० रोहित श्रीवास्तव
दिन-सोमवार, बृहस्पतिवार
डा० राम मनोहर लोहिया आयुर्विज्ञान संस्थान