

VARDHMAN TRAUMA & LAPAROSCOPY CENTRE PVT. LTD.

3rd Km., Jansath Road, Muzaffarnagar (U.P.)

11/09/2020
DR. MUKESH JAIN MS
ORTHOPAEDIC SURGEON

DR. ANUBHAV JAIN MS
ORTHOPAEDIC SURGEON
69 y/o
MIZI

MM PUSHPA SINGH

Radiation @ more than @

Tas Retor 90
Tas Raso 20
Tas myotop SR us

Dubinos 1/2

dmj

Oreocin GM 1 day

cmj

Atkshuk
12
23/11/20

Xray h.s spine < AD
MRE L.S. spine

dmj
11/9

L4 5. level

< spinal canal stenosis

• Sh. Numbness & AD x 15"

~~Retor~~ L.S. Bell-

dmj

Dr. Mukesh Jain
Regd. No. : 20828
E-mail : jainmukeshortho@hotmail.com

SUNDAY CLOSED

(Saturday Closed)
Local Auth. Regst. No.
RME1904661

Dr. Anubhav Jain
Regd. No. : 81597

E-mail : dranubhav86@gmail.com

Registration Time : 7.00 P.M. (9219416543, 9219456235)
Helpline : 0131-2623084 / 2623085 / 2622437 / 7830803084 / 7830803085

Reg. Office : C-209, Defence Colony, New Delhi-110024

CIN : U85110DL1998PTC079982

Website : www.vardhmanhospital.com



Patient ID	1435	Patient Name	PUSHPA SINGH
Age	69 Yrs	Date	11-Sep-20
Gender	Female	Ref Doctor	DR.ANUBHAV JAIN MS

MRI STUDY OF LUMBO-SACRAL SPINE

Anterior and posterior marginal osteophytes noted in peridiscal margins at multiple levels.

Intervertebral discs reveal loss of normal signal intensity on T2W images suggesting of desiccation.

T1 and T2 hyperintensity seen in adjacent end plates at L4-5 level, showing STIR suppression, suggestive of type II modic end plate changes.

At L3-4 diffuse disc bulge seen indenting thecal sac, however no nerve root compression or spinal canal stenosis noted.

Grade I antero-listhesis of L4 over L5 with bilateral pars interarticularis fracture and diffuse disc bulge with bilateral ligamentum flavum thickening seen causing severe spinal canal stenosis and right neural foraminal and bilateral (R>L) lateral recess narrowing and compression of right exiting and bilateral traversing nerve roots.

At L5-S1 diffuse disc bulge and left facet joint arthropathy seen indenting thecal sac, however no nerve root compression or spinal canal stenosis noted.

Rest of the lumbar vertebral bodies and intervertebral discs show normal signal intensity.

The visualized pre and paravertebral soft tissues are unremarkable.

The conus medullaris terminates at the L1 level and the thecal sac terminates at the S2 level.

Bilateral sacro-iliac joints appear normal.

The antero-posterior dimensions of the lumbar canal at the level of the intervertebral discs are as follows:

	<u>AP</u>	<u>TRANSVERSE</u>	<u>AREA</u>
L1 - L2	13	15	195 SQ. MM
L2 - L3	13	12	156 SQ. MM
L3 - L4	13	12	156 SQ. MM
L4 - L5	03	03	9 SQ. MM
L5 - S1	08	09	72 SQ. MM

Note is made of right parapelvic renal cyst.

Cont.page-2

Attested
Am
23.11.20



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Gender	Female	Ref Doctor	DR.ANUBHAV JAIN MS

IMPRESSIONS:

MRI Lumbo-sacral spine reveals lumbar spondylosis in form of osteophytes formation, disc dessication, end plate degenerative changes WITH

- At L3-4 diffuse disc bulge seen indenting thecal sac, however no nerve root compression or spinal canal stenosis noted.
- Grade I antero-lithesis of L4 over L5 with bilateral pars interarticularis fracture and diffuse disc bulge with bilateral ligamentum flavum thickening seen causing severe spinal canal stenosis and right neural foraminal and bilateral (R>L) lateral recess narrowing and compression of right exiting and bilateral traversing nerve roots.
- At L5-S1 diffuse disc bulge and left facet joint arthropathy seen indenting thecal sac, however no nerve root compression or spinal canal stenosis noted.

Dr Chetan Garg
MBBS, DNB, Consultant Radiologist

Alkesh
Anand
23/9/20



SHAKTI PHYSIOTHERAPY & OSTEOPATHY CLINIC

CERTIFIED SPINE MANIPULATIVE THERAPIST (UK)

DR. KOSHAMBI CHADHA GUPTA (PT)

Senior Consultant Physiotherapist
Osteopath (Canada)
Fellow In Manipulative Therapy (AUS.)

DR. RAJAT GUPTA (PT)

Senior Consultant Physiotherapist
Osteopath (Canada)
Orthopaedic Medicine (Belgium)

PERSONAL PHYSIOS AT PATH TO SERENITY
PERSONAL PHYSIOS OF MAYOR OF UTTARAKHAND

19/09/20

FACILITIES

- Osteopathy
- Modified chiropractic
- Physiotherapy
- PEMF
- LASER Treatment
- FES
- TDCS
- Spine Analysis

Rx Mrs. Ruchpa Singh
70y/f

cl: Walking problem, foot & Heel stiffness, Hip stiffness
vfrom 5-8 months. Standing problem

H/O: D.M. - Type 2 (Ayurvedic Medicines)

special Tests: A.L.L.P.T & osteopathy Tests

TREATMENT FOR

- Slip Disc
- Insomnia/Lack Of Sleep
- Headache/Migraine
- Paralysis
- Depression
- Spinal Injuries, ETC.

O: L4-L5 - IR [tension]
L5-S1 - PL
D.L - T.P (rt.)
- Sacrum dysfunctioning.

Heal in MFR
spinal adjustment

(u) Exercise
(u) Cold pack. / Not formal at

Atkash
12
23/9/20

Not For Medico Legal Purpose

CLINICS

CENTER 1:- 326/356 OMKAR ROAD BLOCK 1 BACK SIDE OF CHAYADEEP CINEMA CHUKUWALA D.DUN.
CENTER 2:- 273 PANDITWARI NEAR GURUDWARA D.DUN.

CONTACT:- 9837703295, 8909640941

Handwritten signature and date 19/09/20

डा० सोमेश कुमार गुप्ता

Dr. Somesh Kumar Gupta
M.B.B.S., M.S. (Ortho)

276-B, Civil Lines North
Station Road
Muzaffarnagar-251001
Ph.: 0131-2437155

पंजीकरण सं० - MZN/AL/0162

PUSHPA

66 YRS.

Female

GANDHI COLONY

15/07/2019

Pain both knee: 2 MONTHS
K/C of DM:

Rx

Perisone - AP Tab.
Revive Gold Cap.

1.....X.....1
1.....X.....1

X RAY Both knee - AP [ERECT]
X RAY Both Knee- Lateral

HSF [सिकाई] 3-4 min

Dyno oil for local application (दो बार)

limb elevation

ठंडी चीज़ों का परहेज़ करना है

Both knee

X 5 Days

Knee Cap To Use (रात को उतारनी है)

Prognosis explained regarding future outcome

Control of DM by Physician

WEIGHT REDUCTION

Colleshine Sachet with water daily once -- (↑)


Dr. Somesh Kumar Gupta



B.P. :mm/Hg

रविवार अवकाश

Consultation Time : 10.00 AM to 2.00 PM, 5.00 PM to 7.00 PM

Not for Medico Legal Purposes

