



KING GEORGE'S MEDICAL UNIVERSITY

DEPARTMENT OF ORTHOPAEDIC SURGERY

Gandhi Memorial & Associated Hospital

Lal Bahadur Shastri Bhawan, Nabiullah Road, RALC Campus, Lucknow-226018, UP, India

04-07-19.

Mrs Manjula Sarkar.

Ax - B/L OA Knee & L.B.P.

- Adv.
- Quadriceps drill / Hamstring stretching ex
 - Spinal extension ex.
 - Equijast oil
 - Tab. Bony pho $\frac{100}{}$ X 4 weeks
 - Tab. Dolonex Rapid 100 $\frac{100}{}$ X 3 days
the $\frac{100}{}$ X 5 days the $\frac{100}{}$
 - Arachitol cream once a week
 - R/A 4 wh/ $\frac{100}{}$
 - Cap Pantop D $\frac{100}{}$ (even 4)
- Self-attested
Manjula Sarkar
10.11.2020