OD 5

4. Refd for Dietary Consult for wt Red^{n} diet.

5. Continue exercise thrice daily. Add

½% Strengthening Post & Pain / Anti Atrophy & Gen Mm.

Bx Hams / thigh Extensor Abductor Mm. Cervical Mm. ½% Strengthening Exercises.

6. Review in Surgical OPD in view of Doppler Report (Incompetent perforator).

Gen. Surg.

7. Endocrinology Referral for ? Hypo thyroidism.

20/9/19 MC Referral received.

8. Rest Continue ①, ③, ⑤, ⑥, ⑦, ⑧, ⑪ dtd 05/09/2019.

Add Syp Arachitol 5ml weekly. X 8

9. Review 3 weeks.

PP: 2019/038449

Dr. (Dr.) VIRINDER SINGH KATOCH
MBBS, D.Ortho., Dip (PMR), MNAMS
Head of the Department
Physical Medicine & Rehabilitation
Dr. R.M.L.I.M.S., Lucknow

27/9/2019 - Dietician's Note: Weight reduction diet explained.

Wt - 70.4 Kg

Rubia Tirkey
(for Dt. P. Tiwari)

25/09/2019

TSH - 4.54 uIU/ml

Advice

- TSH ✓
- ANTI TPO antibody ✓

6 weeks

DR. MANISH KUTCH
Assistant Professor
Department of Endocrinology
RMLIMS, Lucknow

Subclinical hypothyroidism
No family history of thyroid disorder.
Family history of diabetes

25/9/19 SIB Cr. Psychologist

- Counselling session Done.
- Pt^{t} is feeling little better.
- few more session required.
- f/u on Friday i.e. 27/9/19.

Sudhi

26/9/19 ⇒ B/L LL color doppler -n/o - An incompetent perforator in (R) LL in middle region ~15-19 cm below knee

Adv

- Above knee Compression stocking (CG-II).
- Review SOS.

डा० रोहित श्रीवास्तव
दिन-सोमवार, बृहस्पतिवार
राम मनोहर लोहिया आयुर्विज्ञान संस्थान

20/9/19 Advised for Bilateral Lower limb Doppler

27/9/19 counselling session Done. Sudhi

SENSITIVE TO SULFA & TINIDAZOLE

डा० राम मनोहर लोहिया आयुर्विज्ञान संस्थान, गोमती नगर, लखनऊ
Dr. Ram Manohar Lohia Institute of Medical Sciences
Gomti Nagar, Lucknow - 226010

OPD Follow-up Visiting Card

Patient's Name Manjula Sircar Age & Sex 50 Y/F

CR. No. 2019/038449 Consultant आचार्य (डॉ) विरेन्दर सिंह कोचिया

Diagnosis PIVD L3/4, L4/5, L5/S1 अध्यक्ष, पी.एम.आर. विभाग

E Wrist R > L, Knee P, Rt LL Short डॉ.आर.एम. आयुर्विज्ञान संस्थान, लखनऊ

OA B/L Knee (Lt > Rt) ओ.पी.डी. कमरा नम्बर-48

Date	Clinical Details & Advice

PP: 2019/038449

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

Adv.

Continue

1. Rehab Psycho for Relaxation exc
2. Tab Gabapentine 300 mg HS. OD-0-3 hrs before bedtime
3. Cap Pan-D OD Ac — 0 - before meals.
4. Tab Dolonex Rapid SOS ~~NT~~ in empty stomach
5. Tab Nutrilite OD pc — 0 after meals.

P.T.O.

दवाओं द्वारा दुष्प्रभाव (Drug Reactions) होने पर तत्काल फोन नं०- 7000951782 एवं टोल फ्री नं०- 18001803024 पर सम्पर्क करें।

Self - Attested
Manjula Sircar
10.11.2020