

Sunrise Orthopaedic Centre

Department of Physiotherapy & Rehabilitation

Musculoskeletal · Neuro-rehab · Sports rehabilitation (demo clinic)

PHYSIOTHERAPY DISCHARGE / PROGRESS NOTE

Completion of structured 8-week programme

Name	Ramesh Kumar	UHID	DEMO-2026-000042
Age / Sex	52 y / M	Date of note	24 Jun 2026
Referred by	Dr. A. Sharma, MD (Ortho)	Reference	DEMO-PHYSIO-2026-000042
Programme dates	24 Apr 2026 – 20 Jun 2026	Sessions	16 (twice weekly × 8 weeks)

REFERRAL DIAGNOSIS

Left L4-L5 radiculopathy — presumed discogenic. Referred for structured conservative management with emphasis on lumbar stabilisation, neural mobilisation, and ergonomic re-education.

INTERVENTIONS

- Lumbar stabilisation exercises (multifidus and transverse abdominis activation, progressive load).
- McKenzie extension protocol — daily programme, progressed based on centralisation response.
- Dry needling to left paraspinal spasm (weeks 2–4), followed by manual soft-tissue release.
- Neural mobilisation for the left L4/L5 nerve root (slump and SLR sliders/tensioners).
- Ergonomic training: seating posture, monitor height, lumbar support, standing-break scheduling for office use.
- Progressive home exercise programme with weekly review and adherence check.

OUTCOME MEASURES

MEASURE	BASELINE (24 APR 2026)	DISCHARGE (20 JUN 2026)	CHANGE
Numeric Pain Rating Scale (NPRS)	7 / 10	4 / 10	– 3 points
Oswestry Disability Index (ODI)	42 %	26 %	– 16 % (moderate → mild)
Left SLR (angle before symptom)	60°	72°	+ 12°

RESIDUAL COMPLAINTS

Intermittent radicular pain in the left L4-L5 distribution, particularly after 30+ minutes of sustained seating. Localised low-back stiffness on rising in the morning, easing with mobilisation. No new sensorimotor deficit. No red-flag features.

RECOMMENDATION

Continue the home exercise programme with a focus on lumbar stabilisation and neural mobilisation. If radicular symptoms persist beyond 3 months from onset or worsen, revisit advanced imaging (MRI Lumbar Spine) and re-review with the orthopaedic team. Ergonomic modifications to be maintained at the workplace.

Ms. Priya Rao, MPT (Musculoskeletal)
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