

MEDICAL REPORT

ambulatory treatment 20/01/2023

Eduards REZVIJS, * 31/03/1960
Vaidavas 2/5-290, LV1084 - (LVA) Riga Latvia

ANAMNESIS: 20/01/2023

TRAUMA: Mr. Rezvijs fell while skiing and complains low back pain

place: Alpe di Siusi. date: 16/01/2023

illnesses: no. Previous surgical interventions concerning the limb in question: no

medicines: no. blood thinners: no. allergies: non note

CLINICAL EVIDENCE: 20/01/2023

No signs of scoliosis; no external signs of injury or deformation

ROM: pain in flexion and extension. typical paraspinal muscle tension; no pain on percussion and compression;

Radiation of the pain in the anterior side of the right leg.

Lasegue and SLR, neg.

No paresthesia or dysesthesia in the dermatome

Patellar tendon reflex ok

Achilles tendon reflex ok

At the moment no neurological deficit

EXAMS: 20/01/2023

MRI lumbar spine

The exposure to ionising radiation attributable to the examination in question is equal to dose class I.

DIAGNOSIS : 20/01/2023

low back pain in slipped disc L2-L3, L4-L5, discopathy L3-L4, angioma L1

THERAPY: 20/01/2023

Orthopaedic-traumatological specialist visit

application of lumbar belt

PROPOSAL FOR FURTHER TREATMENT: 20/01/2023

Rest.

Cortisonic therapy (Medrol tbl) and and muscle relaxants (Valium drops).

lumbar-sacral orthosis for 2 weeks.

gradually increasing physical activity and doing rehabilitation exercises.

Physical therapy: Tecar Therapie. massage, and gradually stretching, strengthening exercises, back or spinal manipulation. Osteopathic treatment.

Medical examination at home to go on with treatment.

Prognosis: 4 weeks without complications

Ortisei / Bolzano / Merano, 20/01/2023

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