

Danneet Chopra

Tel no [REDACTED]

I started with homeopathy treatment with Doctor Sunil Mehra from June 2014 after taking treatments and physiotherapy sessions with spine specialist in Pune.

Even after the treatment at Pune, when I shifted here to Mumbai, the back pain still persisted and I couldn't do my daily activities at ease.

My treatment here started with utmost diagnosis (lifting leg with pain), clear reasoning out as to why this happens ~~and~~, continued with a step by step procedure to betterment.

I was subjected to complete bedrest for at least 10 days, till the diagnosis part of lifting leg did not result in pain. During this phase, doctor visited me at home to check my bedding, sitting places etc. and suggested necessary changes.

Post the bedrest phase, I was taught some basic back exercises which to be done for few weeks followed by some more back strengthening exercises along with daily walking. I am still in this phase and continuing the exercise and walking cycle. All this duration and time, Doctor was constantly available on phone and guided the best support.

My back pain has subsided a lot now and I have started going to office as well. I will be giving a final feedback once I am completely fit.

Chopra