

Slip disc.

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On 27th April 2009 I woke up with pain in my back. I thought of it as a normal back pain and didn't pay attention to it for next 2 days as it was 4 days leave in Mumbai due to Elections and Maharashtra day. On 30th April when the pain was not bearable I went to orthopaedic surgeon for diagnosis. He told me it was symptoms of slip disc and if not taken care can develop into major slip disc. He told me 3 weeks of bed rest but didn't specify anything in detail. He gave me pain killers. In one day I started feeling better as there was huge dose of pain killer in it.

The next day on 1st May 2009 I called Dr. Sunil Mehra to take second opinion. He also diagnosed me with slip disc. Now I became extra cautious as ~~he~~ ^{two} doctors ~~had~~ confirmed slip disc. Dr. Sunil Mehra then advised on postures, how to sleep, when to get up, what habits one should have. He advised me one week of complete bed rest and on top of it he used to personally check on this. As my case was not so severe he didn't do a home visit but I think this personal touch and his strictness on things to avoid and something to be done without fail helped me recover fast. In one

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week I started feeling the pain has gone without pain killers. In next 10-15 days I started walking in house and then in the society. By 15th May I felt normal but as I was changing jobs I had time to fully recover.

In a matter of 30 days Dr. Sunil Mehra helped me recover from the dreaded problem of slip disc. I believe his advice, personal attention and his prompt & strict actions helped me do it in quick time.

I would advice all the patients to believe in their doctor and do things as per the advice given by them.

