To Whom So Ever It May Concern

***Date 20/10/18***

This is to certify that Dr Nandu Meshram, is under my care forZ3654973

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Prolapsed intervertebral Disc since 20th    of October, 2018.

He was managed conservatively with Rest, physical therapy and medications. And has been advised to restrict prolonged sitting, lifting, bending and twisting. He will be under my followup to determine further course of action.

Please feel free to Contact Further in case on any queries.

Sincerely

**Dr Amit Bhandarkar**

[orthopaedicianamit@gmail.com](mailto:orthopaedicianamit@gmail.com)