

Free Translation

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Mr.
GAITO RONNEN
51 OP BIERG
L-8217

Registration number : 1969 12 16 775 23 18-CNS
Patient name : GAITO RONNEN

Esch / Alzette, as of 17/05/2018

MEDICAL CERTIFICATE

DIAGNOSES :

Chondrose L5 S1 with herniated disc

Discogel L5 S1 as of 26.5.16

Chondrose C5-7 with Uncarthrosis C5-7 right

Situation following scoliosis operation thoracic to L1 with Harrington Rod implant

The patient is treated by me since 2008 consecutively. In the foreground there is an existence of a serious scoliosis operation undertaken as a child as well as degenerative disc condition L5 S1, that results in returning lumboschialgia complaints. It is clear that a significant spinal surgery is indicated. We have so far, nevertheless, avoided this operation by using related power training, physiotherapy and pilates training.

Here the pathology existing and constant and cannot be and healed spontaneously. The patient must continue the aforementioned activities. In particular, Pilates training the Pilates training undertaken by the patient weekly is important to maintain the flexibility of the vertebrae and strengthening of the trunk muscles. Only like that can they pain overlay be avoided and thereby also work on the prevention of spinal surgery intervention.

Therefore, in my view pilates training important therapy factor in order to maintain quality of life and reduce pain in patients.

With best regards,

Dr. Victor MOSER