

## REHAB CHALLENGES

A 55 year old male driver by profession presented to PMR OPD with back pain and neck pain for last 3 months. He tried with several pain killers and muscle relaxants and got bit of pain relief. His X rays of cervical and lumbar spine (Fig 1, 2 & 3) were confirmatory of DISH (Diffuse Idiopathic Skeletal Hyperostosis) with normal sacroiliac joints. His ESR was 23 and CRP was negative.



Fig 1

Fig 2

Fig 3

On conservative management with exercise schedule and modalities the pain improved a lot but range of motion of spine was still very low. The patient was very much depressed because he lost his job due to inability to drive safely. On counselling he said that it was not at all possible to arrange owner's car modification and he was not trained for any other job.

Please opine regarding further rehabilitation plans including vocational rehabilitation.