**A CASE OF PAIN IN SOLES OF FOOT**

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**INTRODUCTION**

**A 35-year-old man, a labourer presented to me on 6th August 2015**

**PRESENTING COMPLAINTS**

Pain in soles of both foot, lower back and flanks

Pain was of ascending type- from feet to back

Pain felt better by application of cold water and anything cold [>cold application]

**HISTORY OF PRESENTING COMPLAINTS**

The patient was apparently well 7-8 years back when he had a nail pricked into his right side big toe. His foot had swollen up and then he got treated for the injury to the foot and big toe.

As the time passed, the pain started remaining in the soles of foot. Later, with passage of time, pain ascended and got settled in knees. Then, again, as the time passed, the pain ascended to flanks and lower back.

At last, the patient had pain in flanks, lower back and sole of foot.

Pain > anything cold application

Pain keeps shifting from soles of foot, knees, flanks and back.

He is a labourer so he keeps lifting heavy weights.

**PRESCRIPTION**

* **06.08.2015**

Rx Arnica Montana 0/1 BD (1 week)

* **09.08.2015**

No change

* **10.08.2015**

Case reviewed again.

Rx Ledum Palustre 0/1 BD, Sac lac (pills)/ BD

* **18.08.2015**

BETTER

Rx Ledum Palustre 0/2 BD, Sac lac (pills)/ BD

* **28.08.2015**

MUCH BETTER

Rx Ledum Palustre 0/3 BD, Sac lac (pills)/ BD

**CASE CURED**