

Lumbar Strain Nexus Prep Checklist

Organize back-condition history, imaging, limitations, and clinician questions.

Document onset and course

- ☐ Write the in-service event, repeated strain, injury, or secondary-condition theory involved.
- ☐ Record when symptoms began and how they changed over time.
- ☐ List imaging, physical therapy, medications, injections, surgery, or specialist care.
- ☐ Track flare-ups, range-of-motion limits, radiculopathy symptoms, and work impact if relevant.

Collect records and observations

- ☐ Service treatment records, profiles, duty limitations, or incident records.
- ☐ Civilian treatment, imaging reports, physical therapy notes, and medication history.
- ☐ Buddy or spouse observations about mobility, lifting, sleep, or activity limits.
- ☐ Prior VA exams, decision letters, and rating history.

Prepare for review

- ☐ Ask a qualified clinician what records they need before any opinion.
- ☐ Do not write or sign your own medical nexus opinion.
- ☐ Bring a concise timeline rather than a pile of unsorted files.
- ☐ Use accredited help for representation or legal strategy questions.

Educational prep checklist only. ValorAI is not VA, a VSO, an attorney, an accredited claims agent, or a medical provider. This is not legal or medical advice and does not guarantee benefits. Use official VA channels or accredited help when you need filing or representation support.