

John A. Doe
123 Veteran Rd.
Houston, TX 12345

Date: March 3, 2025

Subject: Injury Statement for VA Claim Submission – Knee Pain and Secondary Back Pain

To Whom It May Concern,

I, **John A. Doe**, submit this statement in support of my VA claim for service-connected **Knee Pain** as my primary disability and **Back Pain** as a secondary disability.

While stationed at **Ft. Bragg, North Carolina**, I began experiencing **pain in my left knee, right knee, and both knees**. Over time, my knee condition worsened, leading to further complications, including **chronic back pain** due to changes in posture and mobility limitations. I was **diagnosed with knee pain in July 2013** and have been receiving ongoing treatment since.

I received medical treatment for my knee condition at **Ft. Bragg Medical Facility** on the following occasions:

- **July 2013**
- **February 2014**
- **May 2015**

Current Treatment

To manage my symptoms, my treatment includes:

- **Painkillers** such as **Naproxen and Advil** to help reduce inflammation and discomfort.
- **Regular physical therapy** to maintain mobility and strengthen the affected areas.
- **Use of a knee brace** for added support and stability.

Impact on Daily Life

This condition has **shattered my normal way of life**. I can no longer **run or walk for extended periods** without experiencing significant pain. **Going up and down stairs is extremely painful**, and as a result, I **try to avoid stairs whenever possible**.

In addition, my **knee pain has led to secondary back pain**, which has further **restricted my mobility and physical activity**. The strain from my knee issues has **altered my posture and caused additional stress on my lower back**, making daily activities even more difficult.

Given the persistent nature of my **knee and back conditions** and the significant limitations they impose on my daily life, I respectfully request that my medical history and service records be reviewed in support of my claim for service-connected disability benefits.

I certify that the information provided is true and accurate to the best of my knowledge. Thank you for your time and consideration.

Sincerely,

John A. Doe

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