

# ORTHOSPORTS



## JEROME GOLDBERG - Shoulder Surgeon

Patient name

Dear

Thank you for caring for this patient with Impingement/Rotator Cuff tear.

The patient requires

- Capsular stretching program
- RC, deltoid and scapular strengthening exercises with theraband

I would be grateful if a home exercise program could be given to the patient.

Thank you

JEROME GOLDBERG

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