

ORTHOSPORTS



JEROME GOLDBERG - Shoulder Surgeon

Patient name

Dear

Thank you for caring for this patient following their shoulder reconstruction.

Their procedure _____

The patient requires a LIGHT weights program to strengthen the Deltoid, Rotator Cuff and Scapula stabilisers. Strengthening in abduction and E.R., in particular, is required.

Please do NOT stretch the shoulder capsule in abduction/ E.R.

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

Thank you

JEROME GOLDBERG

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