

Dr JEROME GOLDBERG
Shoulder Surgeon

ORTHOSPORTS



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

J. GOLDBERG shoulder surgery
R. PATTINSON paediatric, general
A. TURNBULL hip, knee
T. GOTHELF foot, ankle, shoulder, elbow

W. BRUCE hip, knee
A. LOEFLER hip, knee, spine
P. WALKER hip, knee

D. SHER shoulder, elbow, knee
J. NEGRINE foot, ankle
I. POPOFF knee, shoulder, general
J. TRANTALIS shoulder, elbow

SPORTS PHYSICIANS: J.BEST, M.CUSI, P.ANNETT, M.RAFTERY

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