

**Dr JEROME GOLDBERG**  
Shoulder Surgeon

**ORTHOSPORTS**



Patient name

Dear

Thank you for caring for this patient with Impingment/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

160 Belmore Road, Randwick NSW 2031  
47-49 Burwood Road, Concord NSW 2137  
2 Pearl Street, Hurstville 2220

Tel: 9399 5333      Fax: 9398 8673  
Tel: 9744 2666      Fax: 9744 3706  
Tel: 9580 6066      Fax: 9580 0890

[www.orthosports.com.au](http://www.orthosports.com.au)

[office@orthosports.com.au](mailto:office@orthosports.com.au)

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