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Subject: : Paflyfish General Forum

Topic: : Just call me Lefty....

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Author: : FiveWeight

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Torn rotator cuff muscle. Been nursing it along for a while now. MRI last week, follow up today. 4 to 6 month full recovery. I am fairly proficient casting with my left arm but.... Well this is gonna suck. I'm a carpenter I need my arm. I'm pretty sure I did it right after the 1st of the year. I down loaded an app the measures inertia and the first thing I did was put fone in hand and throw a punch. Thought I could bring it back around by starting to lift weights again. Went pretty well for 3 month or so but when I bumped up to bench presses at 90lb reps... Well that was a fail. Yes well. Now I just need to figure out when to have it done. I guess I'll finish up the project I'm on and bite the bullet. Just call me Lefty!