

Subject: : Paflyfish General Forum

Topic: : Just call me Lefty....

Re: Just call me Lefty....

Author: : chrisdetweiler

Date: : 2013/6/25 23:36:07

URL:

I injured my rotator cuff 4-5 years back. I was in my late 30s. I couldn't even lift my arm to place a dish on a high shelf. I rehabbed it and was back playing hoops within 2 months, but I still had significant discomfort at times. It took over a year until I was close to 100%. I still do the same rehab exercises every week. I never got a cortisone shot in the shoulder, but I have had cortisone shots in the bone spurs on both feet on numerous occasions. Getting old is a drag. Good luck. Hope you can avoid surgery...