

Subject: : Paflyfish General Forum

Topic: : Just call me Lefty....

Re: Just call me Lefty....

Author: : Pontus

Date: : 2013/6/26 11:55:13

URL:

I had a major labrum tear and partial rotator cuff tear in highschool. I got surgery on the labrum about a year and a half ago and then did rehab for the entire shoulder and upper back afterwards. Shoulder injuries are terrible. I still wouldn't call myself at 100%, and I'd be wary of any shoulder surgeries. Most of my friends have torn their labrums for a second time after surgery. Don't know anyone that's had exclusively rotator cuff surgery, but the 4-6 months thing sounds pretty optimistic on recovery. Try physical therapy/rehab and see where it takes you.