
Subject: : Paflyfish General Forum

Topic: : Just call me Lefty....

Re: Just call me Lefty....

Author: : shadspoon

Date: : 2013/6/26 17:17:26

URL:

First, I never post on here because I am never right and everyone tells me why, But.. 61 year old auto mechanic, avid fly fisher / spin surf too.. Right shoulder problems for years, then unable to sleep. First surgery Oct. 2011. Second surgery Oct. 2012. Now retired. I can now fish for trout, 3 or 5 weight.

Second, phisical therapy is your friend forever. As is ice.

Third, if you ruined the right shoulder, the left is not much better. When put into piimary service after a surgery it will fail.

I am still doing about an hour of exercising daily. Both arms. You gotta keep things even.

I was told I would be back to work in 4 months. What I learned was, choose your doctor(s) well, and your phisical therapist even better. Once they get inside a shoulder with the knives, scrapers, bone grinders and strings, it might be better, but will never be like it was when you were young.

I've already caught my glory fish on a fly. If my future is a 5 wt. I can be happy with that. Good luck!!