



Patient label

S/P:

[illegible]

Tennis														•	•	•
Football/Lacrosse/Hockey															•	•
Baseball/softball														•	•	•

Additional Instructions:

*Keep hands within eyesight, minimize overhead movements

*No military press, pulldowns behind neck or wide grip bench

*Sling x 6 weeks at all times (except for PT exercises), including sleep

Robert G. Tysklind, MD

Date