



Glenelg Orthopaedics

Providing Quality Orthopaedic Care
120 Midway Street, SA 5047
Phone: 08 8337 9000
Fax: 08 8337 9001
Email: info@glenelgortho.com.au
Website: www.glenelgortho.com.au

Dr Gavin Nimon

MBBS, FRACS, FRCS (Ed), FAOA

Healthlink: GLENORTH

Consulting:-

Glenelg South

Finders Private Hospital

Mawson Lakes

Seaford

Mt Compass

Middleton

18/10/2023

Physiotherapist

Dear Physiotherapist,

RE: **NAME:** Mr Humberto Gutierrez Valero
 DOB: 27/01/1969
 PHONE: 0435854797 /
 ADDRESS: 2d Carbnnet Place, SEACOMBE GARDENS SA 5047

Thanks for your help with Humberto who returns for review following an arthroscopic decompression bursectomy , cuff repair and AC joint excision He should remain in a sling for six week period coming out for elbow wrists and pendulum exercises. And in five weeks from now ie six week following surgery, the sling can be abandoned and then he can start working on some passive assisted active range of motion so that he is getting some reasonable motion by eight weeks following surgery i.e. seven weeks from now. After that he is to continue to working on regaining full range of motion so that at a total of three months following surgery, then strengthening can commence at the three-month, increasing upto the six-month mark so that six months following surgery Humberto has returned back to full duties. I will see Humberto again in six weeks to assess if he is suitable to drive.

I thank you for your help

Yours Faithfully,

Dr Gavin Nimon