

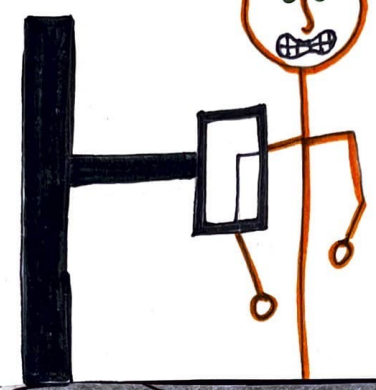
DOCTOR!  
MY SHOULDER  
REALLY HURTS  
WHEN I  
SWIM!



let's take  
an X-ray  
to see what  
is going on



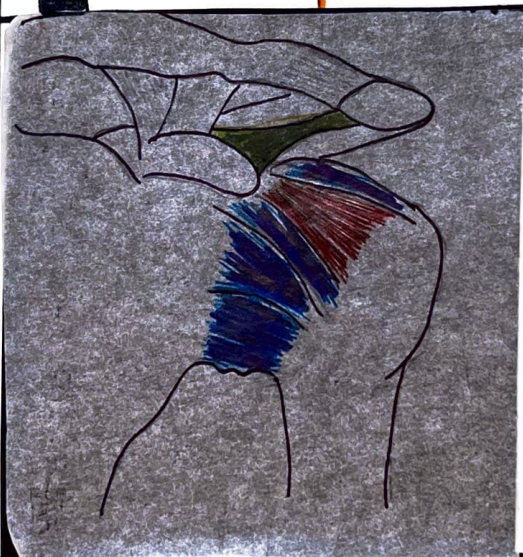
What does  
the X-ray  
show?



let's  
take a  
look



Your glenohumeral joint  
seems to be unstable  
Compare it to this X-ray of  
a normal shoulder



What does that  
mean? Can I  
ever swim again?



It means  
that the ligaments  
stabilizing your  
shoulder are  
too lax and  
your muscles  
are over-  
worked.  
With some  
rehabilitation  
you should  
be back in  
the water  
again!



REHAB FACILITY 😊

We are going to work on  
strengthening your muscles  
and reversing your shoulder  
instability to get you  
back to the pool!



Thank you!

6  
months  
LATER...

I'm so glad to be back!

