

Cycle 1 – Hand and Wrist
2109 – Patient Profile: Robert Hernandez
SCRIPT

(1)

ROBERT HERNANDEZ:

I had a motorcycle accident and when that happened I couldn't move my arm. I had no strength or rotation in my left arm. That's when I had to go to the doctor's.

(2)

ROBERT HERNANDEZ:

He told me I needed surgery. At that time it was a big thing for me, having surgery. I try to talk myself out of it. Asked if I could do instead maybe therapy or go to the gym, doing something else, but not surgery. I was a little afraid or scared about it. He said, "No, you need surgery."

(3)

ROBERT HERNANDEZ:

He told me I had a rotator cuff tear. And I never knew or heard anything about those surgeries before. So at that point, I was kinda scared, a little afraid that that was happening to me.

(4)

ROBERT HERNANDEZ:

Sure enough, the surgery went well. The first two weeks were the toughest. After that, it hurt a little bit. But the medication was helping a lot. And after the first maybe second month, everything was easy. Getting almost back to normal. By the third month, I went back to normal.

(5)

ROBERT HERNANDEZ:

Physical therapy was pretty much very consistent. It was three times a week. And when we did, it was pretty much a stretching out pretty much all my muscles, my shoulder, my arm, my forearm, everything that could get me back to getting that strength I had. And sure, it took me about a month. And then after that, I was back to normal.

(6)

ROBERT HERNANDEZ:

This is my fourth, fifth month. And it's great. I can lift most about anything I can. There's no pain. There's no scar. Now it's just a little four holes that you can barely see. And so that's great no scars. Got back to work and seems like I'm back to normal. Yeah, like nothing happened.

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