



DR. AUBREY L. SMITH, M.D.

Orthopaedic Surgery
Arthroscopic and Reconstructive Surgery
Shoulder Surgery

1600 Coulter, Building B
Amarillo, Texas 79106
Phone 806-359-0718 • Fax 806-359-9613

Ice tonight for 20 minutes. Everyday starting tomorrow heat twice a day for 20 minutes in the morning and 20 minutes in the evening. A period of relative rest. Live your life. Do what you have to do to get along with your work. Avoid powerful overhead maneuvers.

Other Instructions: