

ASK LARRY

“Whom To Believe?”

Q: *After complaining of a sore shoulder for many months which prevented me from playing tennis, my doctor advised me to stop playing and go see a physical therapist. My PT gave opposite advice. Continue to play tennis because X-rays revealed no structural damage or a rotator cuff injury. Play or not? Whom should I believe?”—BM*



A: Listen to both but the final decision is yours to make. No one knows your body better than you. You are your best doctor. If you experience pain playing, then stop. Otherwise, get back on the tennis courts but continue with your PT treatment. I strongly believe in PT.

Q: *Which is better when scheduling a physical exam? See your doctor first, then take your blood work? Or the other way around?”—KZ*

A: For years, I did my annual physical first, then the lab tests. A friend does the opposite. Blood test first, then sees his doctor. He is right. Makes better sense to do the lab work first, then you have something to talk about with your doctor.

Q: *I’m a 65 year old woman about to undergo hip surgery. I’ve never had surgery before or even been in a hospital. Is it normal to be afraid?”—ST*

A: Absolutely normal AND scary for anyone. Any surgery has some danger associated with it but unless you’re having brain or heart surgery, the risks are usually low. Discuss your fears and concerns with your doctor and surgeon-- beforehand. Also check with others who have had a similar operation and learn what to expect.

Got a question?

Ask Larry anything. Email: AskLarry@activeOver50.com or call 408.921.5806. Ask Larry is written by Larry Hayes, CEO/Publisher of ActiveOver50.

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