P-P-S
PHYSIOTHERAPY
CARLINGFORD / KELLYVILLE

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08/10/2026

RE: Mr Aayush Bajaj DOB: 26/12/2001

Dear whomever this may concern,

Mr. Aayush Bajaj has presented to PPS physiotherapy following a recent fall resulting in a shoulder dislocation. He is currently required to wear a sling to support and protect the shoulder during the early stages of recovery. At this stage, he should avoid activities that place stress on the injured shoulder as this may increase the risk of further injury and long-term effects. This includes lifting, pushing, pulling, repetitive upper-limb activities, contact activities, and sporting participation.

Given his current injury and associated pain, reduced shoulder function, and requirement to wear a sling, he will have significant difficulty performing any examinations, assignments and other activities requiring prolonged writing, typing, carrying equipment, or maintaining a fixed position for extended periods.

In addition, he will be unable to participate in any training, competition and sports for approximately 12 weeks or until he has adequately recovered and has been medically cleared to progressively. The timing of return will depend on his clinical progress and rehabilitation.

These restrictions are intended to allow appropriate healing and rehabilitation while reducing the risk of recurrent shoulder dislocation or further injury.

Please feel free to contact me should you require any further information regarding his current functional limitations or rehabilitation.

If you have any questions about Mr. Aayush Bajaj's injury or if there is anything else that I could do to best help him that I have not included please do not hesitate to contact me at the clinic on 9871 2022.

Kind Regards,



Kevin Guo
Physiotherapist

Bachelor of Applied Science (Physiotherapist)