

The Monthly Lift

by Dr. Antigone Vesci

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Real stories, practical tips, and a laugh to keep you moving.

Rotator Cuff Pathology Common. Pain Doesn't Have To Be.

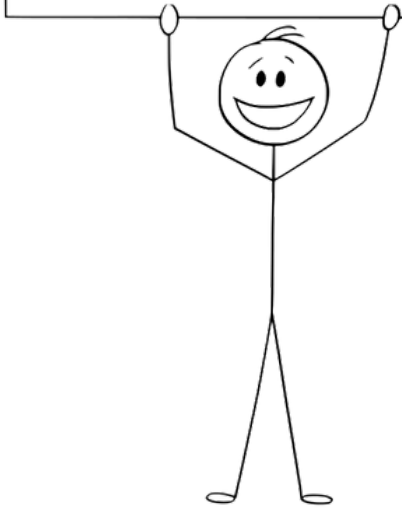
Click the photo to hear her story!



Did you know that almost 96% of athletes have abnormal RTC pathology on MRI's without any pain? This is why we treat patients, not images.

[Here's a 2025 Systematic Review](#)

JOKE OF THE MONTH



Know someone who could use a comeback story of their own? Share this PDF with them.