

GET WELL SOON!

HERNIA RECOVERY MULLIGAN

Your "Do-Over" Card
for a speedy bounce back!



HERNIA RECOVERY MULLIGAN

Redeem this coupon for **ONE DO-OVER** on any recovery challenge. Relax, heal, and take a "mulligan" when needed! Feel better soon!



GET OUT OF A SAND TRAP FREE

Feeling bogged down or stuck during recovery? This "Get Out of Jail Free" card is yours. Skip a tough day! Restricted to light activities only.



FREE LIFT FROM SOGGY GROUND

For a moment when recovery feels damp or difficult. Use this to lift your spirits and receive extra TLC. Avoid heavy lifting and stay strong!

THIS COUPON EXPIRES ON: _____

Wishing you a smooth and swift recovery!

TO: _____ FROM: Dr Carlos Rodriguez