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**BOBBY LIZARRAGA,
CORONADO HIGH SCHOOL PHYS-ED TEACHER**

Meet My Orthopaedic Surgeon

As a high school physical education teacher at Coronado High School and the former varsity football and baseball coach, I live a very active lifestyle. Being physically fit is important to me both professionally and personally.

As an athlete and coach, I know sometimes you have to push through the pain. For many years, I did just that. I mistakenly assumed shoulder pain was a normal part of the aging process.

I met **Dr. Ron Hollis** while he was serving as team physician for the Coronado High School football team. I was impressed with his professionalism, demeanor, and the care he gave to our athletes.

Over the course of the 2013 State Championship season, I spoke to Ron about the pain I was experiencing in my shoulders. He assured me such pain was not normal and was quite treatable.

Seeing Dr. Hollis was one of the best choices I have ever made. My shoulders were truly a mess.

I had torn my rotator cuff in both of my shoulders and additionally, had a partial tear of my left bicep tendon. Surgical repair was my only option.

Dr. Hollis first repaired the rotator cuff tear in my right shoulder. A few months later, he repaired the rotator cuff and reattached my bicep tendon on my left shoulder. Both surgeries went extremely well and after diligent physical therapy, my shoulders feel amazing!

I am so grateful to Dr. Hollis for the tremendous care he has given me. I have gotten to know him both on and off the field, and he is a terrific surgeon and a very caring person.

It is truly amazing to no longer have pain in my shoulders. I feel like I got a new lease on life. I can workout hard and lift weights again; activities I previously couldn't do.

Now the only pain I feel is the soreness after a tough workout. And, as any athlete can appreciate, that's a great feeling.