



ParDenBar Sport Medicine

Professional Sports Psychologist

Dr. Hugh Jass, MD, Ph.D, PGA

DATE: _____

NAME: _____

It is our recommendation that the above named patient perform one or more of the following stress reducing activities.

- WALKING
- GOLFING
- HORIZONTAL REST
- SEXUAL INTERCOURSE

The HKR Health Council suggests the activity take place at least _____ time(s) per week for the next _____ week(s).

Upon completing this prescription, a second appointment with us should be schedule for further assessment.

Signature

Dr. Hugh Jass, MD, Ph.D, PGA