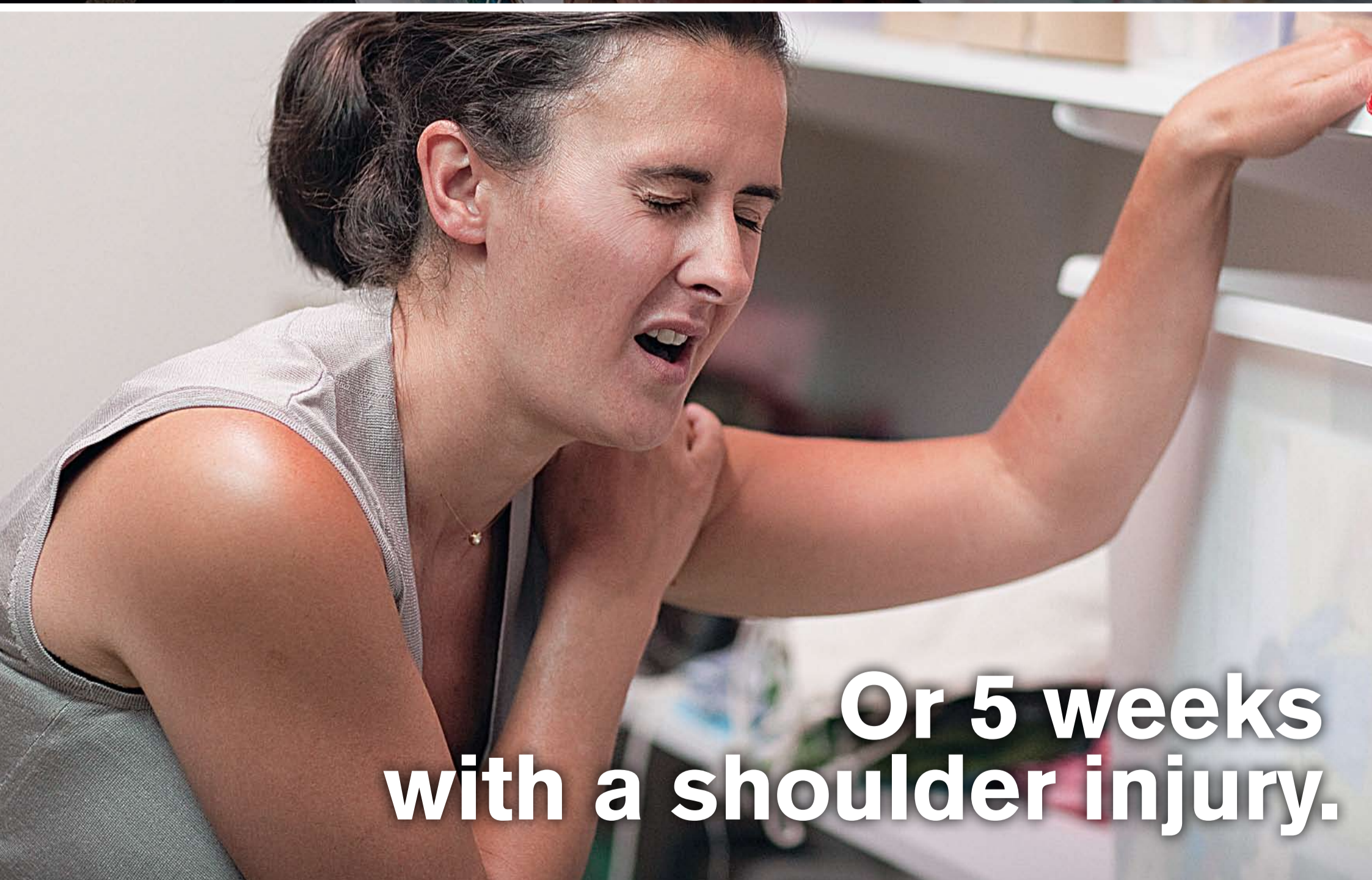




**5 minutes  
to discuss a better way.**



**Or 5 weeks  
with a shoulder injury.**