

glen

From: "Andrew Cowman" <Andrew.Cowman@tra
To: "glen vardi" <glen@vardi.freemove.co.uk>
Sent: 25 March 2003 11:16
Subject: RE: Andrew Cowman

Good morning Glen,
yes to give you an update on my knee. All is fine in fact I have
games of rugby
([http://www.londonfrenchrfc.co.uk/news_events/1s_belsizepa
t.htm](http://www.londonfrenchrfc.co.uk/news_events/1s_belsizepa
t.htm)) no swelling at all. Otherwise I have been diligent exerc
careful with any load bearing exercises. In my last game a kne
befell a teammate but the physio on hand helped and the Droite
named as a place to go. I thought you'd like the update and he
success.

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