

ROCHESTER REGIONAL HEALTH

Date: _____

Patient Name: _____

The elf above was seen today after experiencing an unfortunate tumble. It was determined that the cause was a temporary case of *Magicus Interruptus*, commonly known as “Elf Stumble Syndrome.”

Elf Stumble Syndrome is not painful, but does require rest to allow your elf’s magical energy to realign.

This elf must stay still and rest for 2-3 full days. This means no moving, no candy, and no mischief of any kind. If you happen to have some glitter on hand, a quick sprinkle can help to speed up the magical healing process.

At the end of the elf’s recovery period, their magical energies should be fully restored, and they will be free to continue their normal routine and move about as needed.

Best wishes for a speedy elf recovery!

Mary Starlight

Mary Starlight, PA-C
Rochester Regional Health