



**THE STEADMAN CLINIC
AND
STEADMAN PHILIPPON
RESEARCH INSTITUTE**

Posterior Labral Repair



**HOWARD HEAD
SPORTS MEDICINE**

A service of Vail Health Hospital

Name: _____
Dr: Godin

DOB: _____
DOS: _____

Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s							
High Level Activities							
Skiing							
Overhead & serving sports							
Throwing progression							

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