



Decelerations & Plyometric ext rotation											
<b>Progress to High Level: 24+ wks + strength &gt;90% contralateral side (motions as above), CKCUEST &gt;21 / 15s</b>											
<b>High Level Activities</b>										<b>19-24+</b>	<b>25+</b>
Skiing											
Overhead & serving sports											
Throwing progression											

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