



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

# **Reverse Total Shoulder**



**HOWARD HEAD  
SPORTS MEDICINE**

A service of Vail Health Hospital

Name: \_\_\_\_\_

DOB: \_\_\_\_\_  
DOS: \_\_\_\_\_

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>19-23+</b>	<b>24+</b>
Skiing												
Overhead & serving sports												
Golf												

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