

## **Superior Capsular Reconstruction**



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



**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>22-26+</b>	<b>27+</b>
Skiing								
Overhead & serving sports								
Golf								

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