



THE STEADMAN CLINIC
AND
STEADMAN PHILIPPON
RESEARCH INSTITUTE

Total Shoulder Arthroplasty



**HOWARD HEAD
SPORTS MEDICINE**

A service of Vail Health Hospital

Name: _____
Dr: Godin

DOB: _____
DOS: _____

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

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