

BANKHART REPAIR

Jay G. Carson, MD

DOS: _____

1-3 weeks post op Begin Date: _____

- Remain in immobilizer
- May shower with op-site
- Begin Hand, wrist and elbow ROM

4 weeks post op Begin Date: _____

- Begin Stretching program: overhead pulleys
- Avoid excessive ER/ABD
- After return of motion: start weight program

4-6 months post op Begin Date: _____

- Return to sport after full range of motion and strength are achieved