



UNDERSTANDING YOUR SURGERY

Latarjet Procedure

Overview

The Latarjet procedure moves a small piece of bone (with its attached muscle) from the front of your shoulder onto the rim of the socket. This creates a bony wall that physically blocks the shoulder from slipping out — a durable solution when there is bone loss or a previous repair has failed.

About Your Procedure

Why this surgery is recommended

- Significant bone loss from the socket after repeated dislocations
- A previous Bankart repair that has failed
- A high risk of re-dislocation needing a bone-block solution

What happens during surgery

- An incision at the front of the shoulder
- A piece of bone with its muscle is transferred to the socket rim
- Held in place with one small screw, plus an anchor and button
- General anaesthetic with a nerve block; usually one night in hospital

After Your Surgery

- Arm in a sling for **4–6 weeks**
- No active outward rotation or reaching behind the back for **6 weeks**
- Physiotherapy starts within **1–2 weeks**
- Graft union checked on a CT scan at **3 months**
- No driving for **6 weeks** after surgery

Important precautions:

- Do not rotate the arm outward or reach behind the back for 6 weeks
- Graft union is confirmed on a CT scan at 3 months
- Return to non-contact sport is typically 4–6 months, and contact sport 6–9 months

Your Recovery at a Glance

WEEKS 1–6

Sling. Assisted movement only. No active rotation

WEEKS 6–12

Active movement and cuff activation

MONTHS 4–6

Progressive strengthening. Return to non-contact sport

MONTHS 6–9

Return to contact sport once bone has healed

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
