PATIENT GUIDE · LATARJET / BONE BLOCK STABILIZATION

Your Latarjet Recovery Roadmap

Keep this page. The bone block must fuse. Patience now protects it.

David Gazzaniga, MD
Sports Medicine
(949) 759-3600

Your recovery timeline

0–1 week — PHASE 1 · PROTECT
Sling on, including sleep. Pendulums plus elbow, wrist and hand motion at home. **Do not use the arm on your own.**

1–6 weeks — PHASE 2 · GUIDED MOTION
Therapy starts after your first visit; your therapist moves and guides the arm. Turning outward stays under 30°. **Goal by 6 weeks: arm fully overhead, out to the side to 90°, turned outward to 30°.**

6–8 weeks — PHASE 3 · SLING OFF
Sling off. You may drive and start jogging. Therapy continues on motion.

2–4 months — PHASE 4 · STRENGTH
Strengthening begins at 8 weeks. Weightlifting in the gym at 12 weeks.

4 months + — RETURN TO SPORT
Contact sports at 4 months, **once you have full motion and normal strength.** Collision athletes get a CT scan at 3–4 months to confirm healing first. Losing about 10° of outward rotation is common and expected.

Protect the bone block for the first 6 weeks

Why: I split the muscle at the front of the shoulder to place the bone block, and two screws hold it until it fuses. Pushing and turning outward stress both.

Do not: push up from a chair or bed with this arm · turn the arm outward (like reaching for a seatbelt) · lift more than 5 lb; carry things close to your body · run or jog.

OK: reaching behind your back gently, without force.

The first six weeks

Sling: Day and night. Remove only for home exercises and showering.

Driving: No driving until 6 weeks.

Work and school: Desk work, school and typing OK after week 1.

Incisions: One incision at the front, plus small ones if a scope was used. Dissolving stitches. Dressing on 5 days, then shower.

Good to know

Nerves: The arm may be numb 6–24 hours from the nerve block. Surgery is near important nerves, so we check them afterward.

Sleeping: Recliner or wedge, about 4 weeks. **Ice** helps pain; optional.

Screws: They usually stay in for good.

Applies to open, arthroscopic and allograft procedures. Some patients follow a different plan; we will tell you.

Call us at (949) 759-3600 if you have: fever over 101°F · increasing redness, drainage or opening of an incision · new calf pain or swelling. **Chest pain or trouble breathing: call 911.**