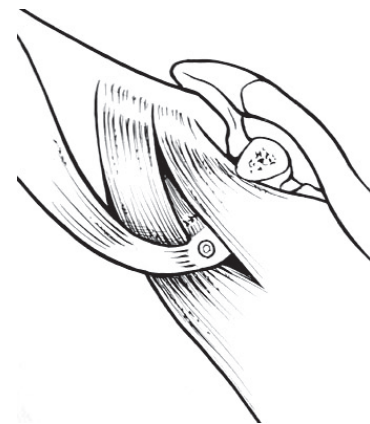
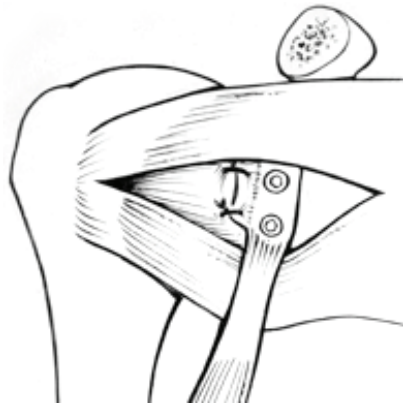




The Latarjet Operation for Shoulder Reconstruction

The Latarjet operation was first described by a French surgeon Dr Michel Latarjet and has been used very successfully to reconstruct shoulders with recurrent anterior instability. The modern version of the original technique prevents further episodes of dislocation in 98-99% of patients and has a very low complication rate [1]. The operation is ideally suited for contact athletes, patients with increased shoulder laxity, failed previous shoulder reconstructions or if there is significant bone damage.



Things You Should Know

- You will require a general anaesthetic +/- regional block.
- The operation normally takes 45 minutes.
- The incision is approximately 4 - 5cm long.
- You will be in hospital for one night, but may go home the day of surgery after a check xray has been reviewed by Dr Young.
- The dressings are waterproof, so you can shower (out of the sling) resting your operated arm on your abdomen.
- Rehabilitation will start the day after surgery, so make an appointment with your physician or therapist in advance.
- Apply an icepack to your operated shoulder for 20 minutes every 2 hours while awake, up to three days after surgery.
- You will be shown by your treating physician or therapist how to perform self-assisted stretching exercises.
- You will need to wear a simple sling for 15 days.
- At day 15, usual activities of daily living are allowed and therapy is continued.
- At 1 month, you may progressively resume athletic conditioning (eg. jogging, cycling) but NO strengthening exercises for the upper limbs. Swimming (gentle breaststroke only !!) is allowed with smooth and painless movements. You are not allowed to make any forceful arm motions.
- At 3 months, progressive return to full sporting activities, including contact sports, is allowed providing clinical examination and Xrays are OK.

Appointments:

Therapist - day 1; Dr Young - day 10-15, 6 weeks & 3 months with final control xrays.

NOTIFY DR YOUNG OR YOUR THERAPIST IF THERE IS ANY UNUSUAL OR INCREASING SWELLING, REDNESS OR PAIN

References:

1. Walch G, Boileau P. Latarjet-Bristow procedure for recurrent instability. Techniques in Shoulder and Elbow Surgery, 2000; 1(4):256-61



The Latarjet Operation

Rehabilitation – The JPL Stretching Protocol

- Exercises should be performed semi-reclined in bed or sitting on a chair with your body relaxed and slouched backward.
- Remember - don't push too hard with the exercises in the early stages after your operation. The stretch should be comfortable to perform and so only do what comes easily.
- In the first few days to one week after the operation, you will likely only be able to raise your hands to your forehead. This is OK. From this position, reach upwards with your hands as far as you can comfortably and then return your hands to your lap.

Stretching is performed in the following 5 steps:

The starting position is with both hands together (fingers interlocked) and resting on your lap.

1. Raise your hands upwards together to rest on the top of your head.
 2. Slide your hands behind your head only as far as you can comfortably
 3. Push your elbows backwards only as far as you can comfortably
 4. 'Reach for the sky': Now reach upwards with both hands together above your head in line with your body, think about trying to straighten the elbows. Go only as far as you can comfortably and hold for 5 seconds.
 5. Return hands smoothly to your lap by bending your elbows. Breathe out slowly as you lower your hands.
- Each stretch only takes 10-20 seconds.
 - **Repeat it 5 times, 5 times per day.**
 - **Apply ice after each session.**
 - With time, you will be able to perform the complete stretch, so take it slowly and be patient !!!
If you push too hard, the shoulder may react and become more stiff and painful.