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Latar Jet Protocol:

The patient underwent a Latar Jet procedure or modification thereof. The patient will be immobilized for 6 weeks in a sling. Gentle pendulums will be allowed beginning at the second postoperative week. External rotation will be restricted to 0°. After 6 weeks the sling will be discontinued, and overhead motion will be encouraged. Gentle external rotation stretching is begun at 6 weeks postoperatively. The goal at 3 months postoperatively is for the external rotation on the operative shoulder to be half that of the opposite shoulder. Strengthening exercises are delayed until 3 months postoperatively, at which time the bone graft usually shows early radiographic evidence of consolidation with the glenoid. Contact sports or heavy labor are generally allowed when the graft appears radiographically healed to the glenoid which is usually 6 months postoperatively.