

# SLAP LESION

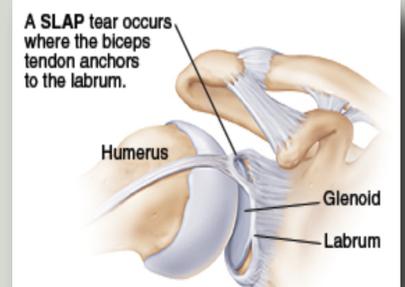
## AND LABRUM TEARS OF SHOULDER



**J. Pieter Hommen, M.D.**

### **Description:**

The labrum is a lip-like piece of cartilage that deepens the socket (glenoid) of the shoulder joint. It functions to help stabilize the shoulder. The labrum is divided into superior, inferior, anterior and posterior segments. The anterior-inferior portion of the labrum can be torn when the shoulder dislocates forwardly. A superior labrum tear is also known as a "SLAP Lesion". Superior labrum tears can occur when a patient falls onto an outstretched hand or shoulder or by a traction injury. They may also occur in association with rotator cuff tendonitis and tears. Oftentimes, however, the exact cause of the superior labrum tear is not known.



### **Symptoms:**

Usually people complain of pain or a feeling of instability in the shoulder. It is made worse when they put the arm into the "cocked position" ready to throw. Some may complain of pain in the shoulder on lifting heavy objects. A clicking sound may also be heard when trying to throw.



### **Diagnosis:**

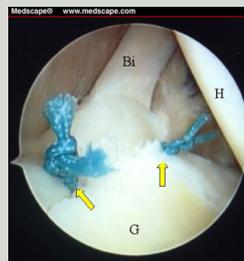
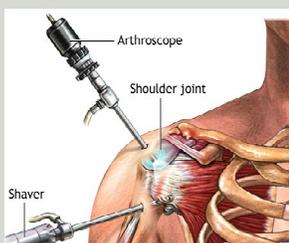
Your doctor will perform a comprehensive physical examination. Additional tests may be performed to rule out other possible injuries. These tests may include x-rays, CT scan, and magnetic resonance imaging (MRI).

### **Treatment:**

There is no acute treatment for this condition as often the individual is not aware of a particular time or event precipitating it. RICE is the standard treatment to reduce inflammation and swelling in the shoulder. There is no physiotherapy modality which will treat the lesion itself but it may be beneficial in strengthening and balancing the muscles of the shoulder. Surgery may be recommended to repair the lesion. Your orthopedic surgeon can guide you as to which form of treatment is best for you.

### **Surgical Treatment:**

Surgical repair is best performed arthroscopically. During surgery, the doctor will examine the shoulder for instability and assess the lesion. The SLAP lesion can be smoothed, partial removal or repaired. Anchors may be placed into the bone and used to repair the labrum. After surgery, the shoulder is placed in a sling. Rehabilitation is essential after surgery to restore normal shoulder motion and strength.



**BAPTIST TEL: 305-520-5625 FAX: 305-520-5628 . WWW.HOMMENORTHOPEDICS.COM**