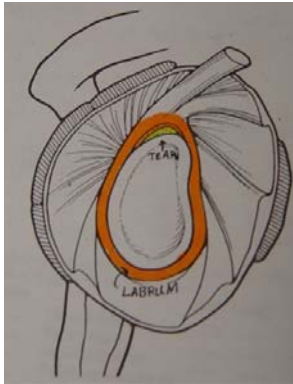


## SUPERIOR LABRAL TEARS SLAP LESION

### **What is wrong with my shoulder?**

Inside the shoulder joint, there is a bumper cushion, or labrum, that goes



circumferentially around the socket (glenoid). The labrum helps stabilize the shoulder joint. This bumper cushion or labrum can tear causing pain and popping in your shoulder. A torn labrum can also cause instability in your shoulder. The biceps tendon attaches to this bumper cushion as well. Sometimes labral tears can involve this area, causing pain and problems for the biceps muscle

and tendon as well. This type of labral tear is called a SLAP lesion.

### **What causes a torn labrum?**

People who have had a shoulder dislocation will usually tear their labrum.

Athletes who participate in sports that require repetitive overhead movement, such as throwing or serving in tennis, can also tear their labrum. Other ways of tearing your labrum include falling, lifting something heavy, or a sudden forceful movement of your shoulder.

### **How is a labral tear diagnosed?**

Patients with a labral tear will complain of pain and weakness in their shoulder.

Patients will usually complain of clicking or popping in their shoulder. Your doctor will assess your shoulder for instability. An MRI is usually done with an arthrogram. A special dye is injected into your shoulder before the MRI. This dye will help the doctor visualize the torn labrum.

## How is a labral tear treated?

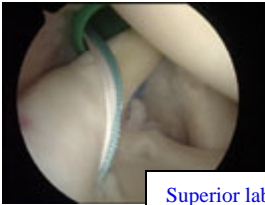
Most patients will require surgery. Surgery is designed to attach the torn labrum back down to the glenoid (socket).

This can usually be done through small arthroscopic portals. The labrum can be attached back to the socket with suture anchors.



Most patients will go home the same day with a sling.

Recovery is usually 3-6 months.



Superior labral repair