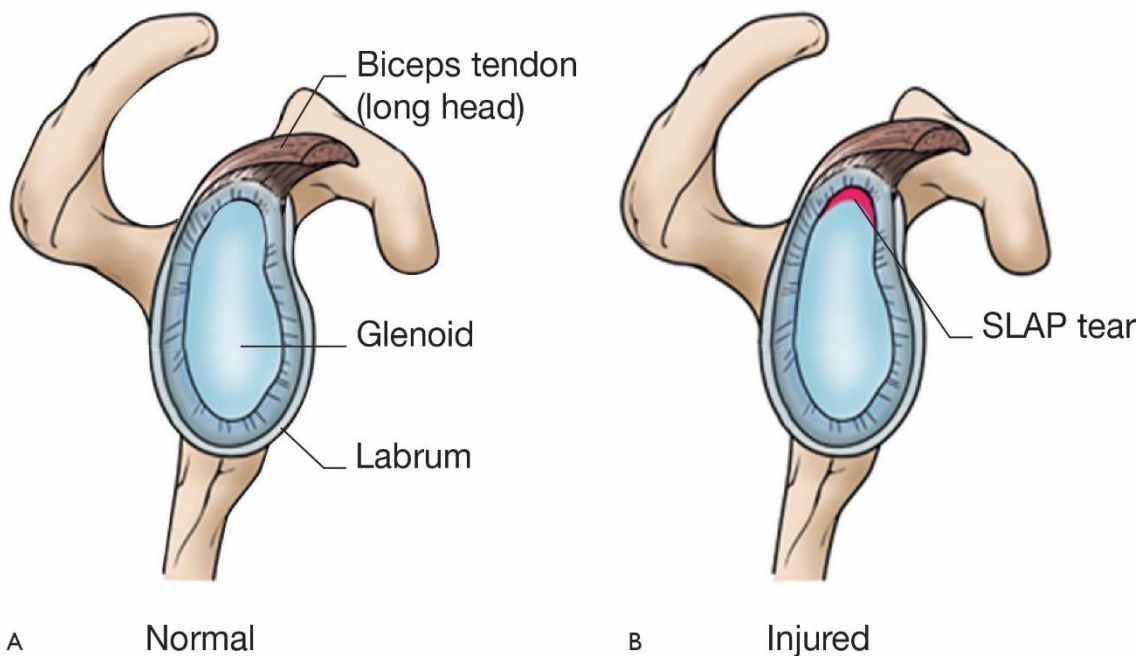


Labral Tears (SLAP Lesions)



What is a Labral Tear (SLAP Lesion)?

The **labrum** is a ring of cartilage around the shoulder socket that **helps stabilize the shoulder joint**.

A **SLAP lesion** is a **tear in the top (superior) part of the labrum** where the biceps tendon attaches.

SLAP = **Superior Labrum Anterior to Posterior**

Causes

- Repetitive **overhead movements** (throwing, swimming, weightlifting)
 - **Shoulder injury** or fall on an outstretched arm
 - **Sudden lifting** or twisting of the arm
 - Age-related wear and tear
-

Symptoms

- **Deep shoulder pain**, especially with overhead activity
 - **Clicking, popping, or catching** in the shoulder
 - **Weakness** in the shoulder or arm
 - Pain during **throwing or lifting**
 - Sometimes **loss of range of motion**
-

Diagnosis

- **Medical history** and physical examination
 - **Special shoulder tests** to detect labral injury
 - **Imaging:** MRI with contrast (arthrogram) may be needed to confirm the tear
-

Treatment

Treatment depends on the **severity of the tear** and **activity level**:

1. Conservative Treatment

- Rest and avoid aggravating activities
- Pain relief: NSAIDs or paracetamol as advised by your GP
- **Physiotherapy:**
 - Strengthening the rotator cuff and shoulder stabilizers
 - Stretching exercises to improve mobility
 - Gradual return to activity

2. Injections

- Corticosteroid injections can reduce pain and inflammation in some cases

3. Surgery

- Considered if **symptoms persist** despite conservative care
 - **Arthroscopic labral repair** may be performed
 - **Post-surgery rehabilitation** is critical for recovery
-

Self-Management Tips

- Avoid **heavy lifting** or overhead activities during flare-ups
 - Maintain **good posture** and shoulder alignment
 - Follow a **structured exercise program** recommended by your physiotherapist
 - Apply **ice** for 10–15 minutes after activity if sore
-

When to See Your Doctor

Seek advice if you have:

- Persistent shoulder pain despite rest and physiotherapy
 - Shoulder **instability or frequent dislocations**
 - Weakness that affects daily activities
-

Prognosis

- Many people improve with physiotherapy and activity modification
 - Recovery can take **weeks to months**
 - Surgery usually has a **good outcome** if indicated, with proper rehabilitation
-

References:

- NHS: Labral tear
- British Journal of Sports Medicine: *SLAP Lesion Guidelines*