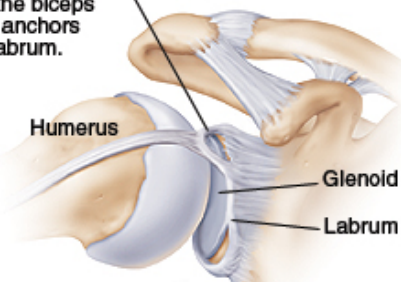


SLAP TEARS

What is a “SLAP” tear?

A SLAP tear occurs where the biceps tendon anchors to the labrum.



The word SLAP stands for "**S**uperior **L**abral tear, from **A**nterior to **P**osterior". The labrum is the rim of tissue that surrounds the shoulder socket (or glenoid). The biceps tendon attaches at the top of this rim. A SLAP tear refers to the damage that is done to the labrum and the anchor of the biceps tendon, often as a result of throwing injuries.

What causes a SLAP tear?

- Fall or traumatic impact to the shoulder
- Repetitive overhead activity (eg. sports-related, throwing)
- Degeneration over time, no specific

What are the symptoms?

- Pain with throwing/ overhead activities
- Dull, throbbing shoulder ache
- Loss of strength/ tiring out of the shoulder
- Catching, clicking, popping

What investigations do I need to have done?

Typically, we start with an x-ray to make sure there are no fractures and to examine your joint for signs of arthritis or bony abnormalities. An ultrasound may initially be performed to identify the type of damage. An MRI, with injected dye (referred to as an arthrogram) is typically required to confirm the diagnosis.

What are my treatment options?

Rest and activity modification can help to reduce the pain. Physiotherapy can improve shoulder stability and strength of surrounding muscles. However, surgery may be needed to re-attach the torn labrum/ biceps tendon. The procedure is referred to as a shoulder arthroscopy, where a camera is inserted into the joint to view the damage and guide the repair process. Sometimes, the biceps tendon may need to be released (tenotomy) or re-attached at another location (tenodesis).

