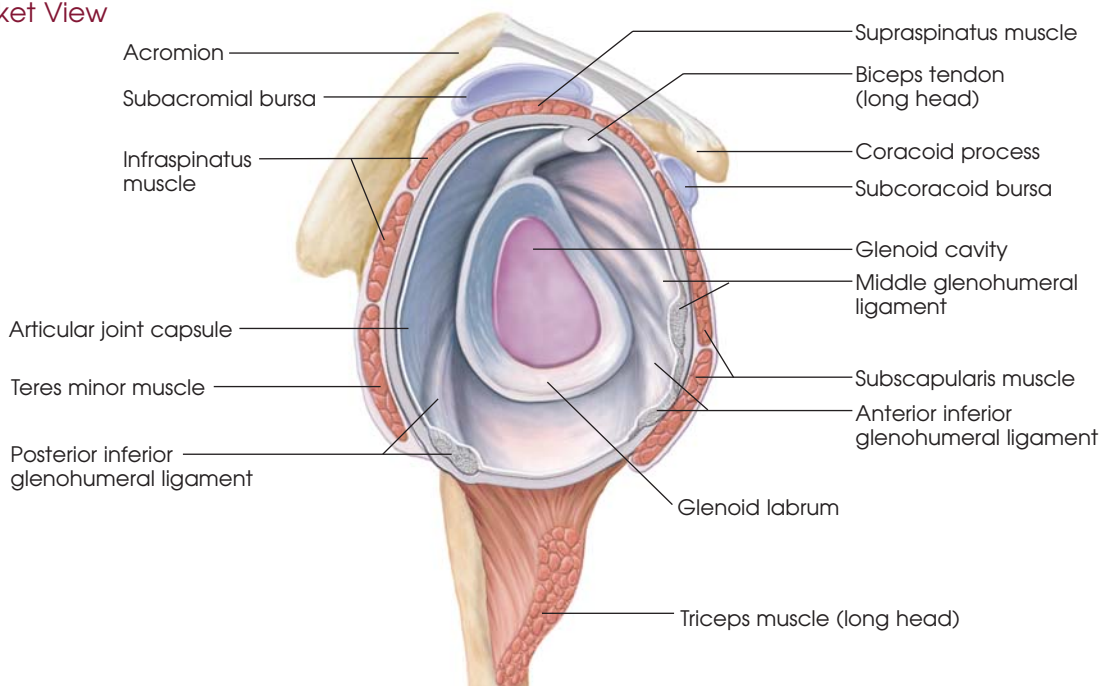
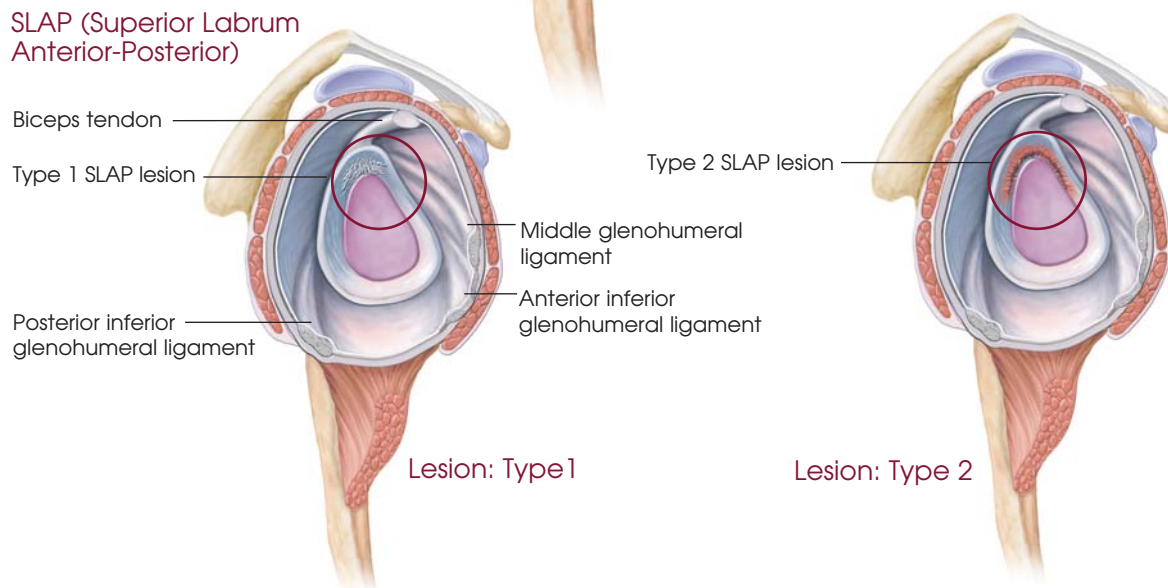


# SLAP (Superior Labrum Anterior-Posterior) Lesion

## Normal Shoulder Anatomy: Socket View



## SLAP (Superior Labrum Anterior-Posterior)



**SLAP Lesion** is a tear in the superior labrum – the cartilage lining of the shoulder socket. The tear occurs at the point where the biceps tendon inserts into the labrum. The injury can be caused by a fall onto an outstretched hand, overuse of the shoulder (in throwing activities such as pitching) or heaving lifting. Symptoms include catching and pain with movement of the shoulder.

## Common Treatment Options

Treatment will depend on the classification of the injury, which can fall into one of 4 grades.

- Rest.
- Attend physical therapy to improve range of motion (especially internal rotation), muscle strengthening, scapular stabilization, and core strength.
- Take anti-inflammatory medications as prescribed by your doctor.
- Surgery may be required – either debridement (cleaning up the joint by removing damaged tissue) or repair of the SLAP tear.

