

Stephen R. Viess, MD

Webster Orthopedics

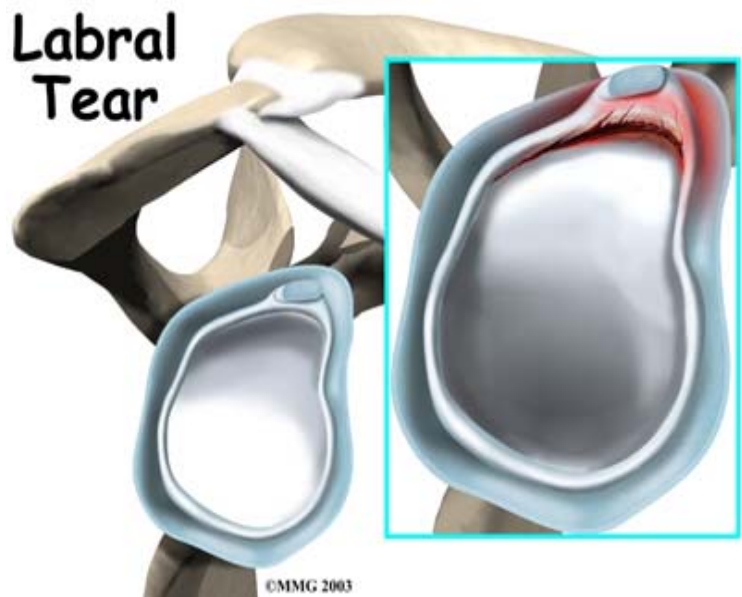
Appointments (800) 943-8099

Laurie (925) 556-7343

Shoulder arthroscopy: SLAP (Labral) Tear

The joint is shallow, like a golf ball sitting on a tee. The labrum is a rubbery, soft tissue bumper which lines the rim of the glenoid, deepening the socket and providing stability to the shoulder. A tear in the labrum at its attachment to the top of the glenoid (12 o'clock on the clock face) is called a SLAP tear-Superior Labrum Anterior to Posterior) This injury can occur both as the result of a traumatic injury and from repeated stress over time.

Surgery to repair a torn labrum is performed arthroscopically to either debride (trim the damaged tissue) or repair a tear. Recovery and rehabilitation following surgery is relative to the repair procedure. If debridement is the surgical treatment, post-operative activity will be relatively unrestricted, with return to full activity in 4-6 weeks. If the tear is repaired, motion and activity will be limited for the first 4 weeks to allow for the repaired labrum to scar down. Return to full activity after a repair may take 3 to 6 months.



Prior to surgery:

You will be seen for a pre-operative visit 1-2 weeks before surgery. During this visit, your shoulder will be reexamined. You will have the opportunity to ask any questions you may have. You will also receive your prescription for postoperative pain medication. We will order any necessary pre-operative tests and make sure we have received medical clearance from your primary physician (often not required).

Labral Repair**Day of surgery:**

1. Arrive as instructed to the surgery center.
2. Meet with anesthesiologist to discuss anesthetic options.
3. You will wake up from surgery with a bandage on the shoulder, your arm in a sling, and an ice cuff in place.
4. You are released to go home once you are typically released from the recovery room 60-90 minutes after surgery.

Post-operative:

1. Ice and elevation
2. Take pain medication as instructed.
3. Remove bandages 48 hours after surgery, placing band-aids on the incisions.
4. You may get the shoulder wet in the shower once the dressing has been removed. You may not submerge the shoulder in water (bath tub, hot tub, swimming pool) for three weeks.
5. Follow up 7-10 days after surgery to have sutures removed. At that visit, you will also be referred to physical therapy.
6. You will be in a sling for approximately 3 weeks. Some gentle range of motion exercises are encouraged. A home program of exercises will also be given to you by your physical therapist.
7. A gradual return to full activity takes from 6 weeks to 6 months, depending on your sport or activity. For example, those wishing to return to a throwing sport, such as baseball, may need 6 months for a full recovery.