SLAP (Superior Labrum Anterior-Posterior) Lesion

SLAP (Superior Labrum Anterior-Posterior) 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 heavy 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.