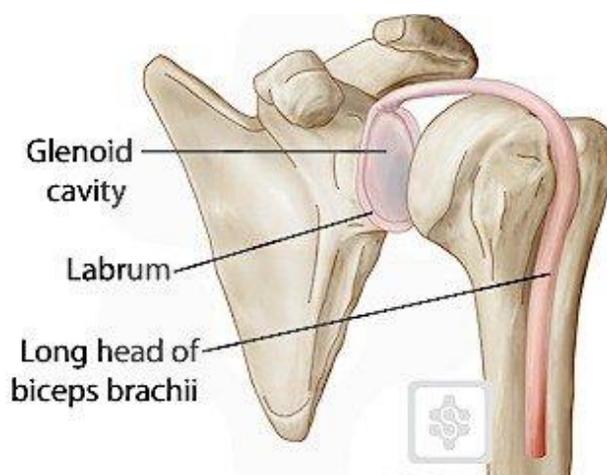




Shoulder Labral Tears

What is a labral tear?

The labrum is a tough rim or cartilage in the shoulder joint to deepen the ball and socket joint and help stabilize the shoulder. It can tear from a traumatic injury (like a shoulder dislocation or subluxation) or repetitive overhead activities (like baseball pitching). Labral tears can be associated with other injuries in the shoulder, like rotator cuff tears or small fractures of the shoulder joint. The labrum can be torn at various locations within the socket.



Symptoms:

Shoulder pain w/overhead activities, reaching, sleeping, throwing and lifting; instability of the shoulder, *popping* or *catching* of the shoulder.

How is it diagnosed?

Many exam tests can indicate labral tears, but the best test is a special MRI using contrast dye (called MR arthrogram).

Conservative Tx:

- NSAIDs
- Rest from throwing in athletes
- Physical therapy
- Injections – Cortisone, Prolotherapy, Platelet Rich Plasma (PRP) - controversial

Do I need surgery?

Some patients can cope with conservative treatment. However, surgery is often recommended for patients who are young, athletes, overhead throwers, manual laborers, and repeat offenders that haven't responded to good rehab. Shoulder rehab may take a few months before patients notice significant improvement.