



Interactive Shoulder © 2000 Primal Pictures Ltd.

MIS Arthroscopic Repair of SLAP (superior labrum from anterior to posterior) tears.

The labrum is a fibrous material that helps ligaments and the biceps tendon to attach to the bone. It also serves as an “O” ring of sorts to help to stabilize the shoulder joint. When the tissue is torn from the bone it is one of the many causes of shoulder pain. In patients who are involved in overhead sports or activities, labrum tears can cause considerable pain and disability. Arthroscopic repair using MIS techniques is very successful at relieving pain during activities. The Labral tissue is stitched back to the bone using a variety of devices and instruments that allow this to be done through very small puncture wounds. By keeping the incisions smaller, the recovery from MIS Labral surgery is less painful but not painless. The patients go home the same day as the surgery. They must use a sling for about 4 weeks and need to be careful while the tissue is healing back to the bone. Physical therapy is used to help to restore motion, strength and function. Once recovery is completed, patients may resume any and all activities as tolerated. The risks of surgery using MIS techniques are still present and are no different than those using standard techniques. These would include; infection, stiffness of the shoulder, the risks associated with anesthesia, re-tears of the tissue, and continuation of the pain as before the surgery.

For additional information on arthroscopic SLAP repair, please [click here](#).

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