

Labral Tear (SLAP & Bankart Lesions)

Diagnosis Explanation:

A **labral tear** is an injury to the **glenoid labrum**, the cartilage that helps stabilize the **shoulder joint**.

- **SLAP Tear (Superior Labrum Anterior to Posterior)** - Affects the **top part** of the labrum, often caused by **repetitive overhead motions (throwing, lifting, swimming)** or trauma.
- **Bankart Lesion** - Affects the **front and lower part** of the labrum, commonly due to **shoulder dislocation or instability**.

Symptoms:

- **Deep shoulder pain** (especially with overhead activities).
- **Clicking, popping, or grinding** in the shoulder.
- **Weakness or instability**, difficulty lifting objects.
- **Decreased range of motion**, pain with certain movements.

Specific Work Modifications:

- **If your job requires standing or walking:** Avoid **carrying weight on the injured side**, take **frequent breaks**, and maintain **good posture**.
- **If your job involves lifting:** Avoid **lifting objects above shoulder height, pushing, pulling, or repetitive overhead movements**.
- **If your job is desk-based:** Use **proper arm support**, avoid **hunching forward**, and take **breaks every 30 minutes** to prevent stiffness.
- **Avoid:** Heavy lifting, repetitive shoulder use, and prolonged reaching overhead.

Specific Activity Modifications:

- **If you play sports:** Avoid **throwing, swimming strokes, and overhead activities** until cleared for return.
- **If you do weightlifting:** Avoid **bench presses, pull-ups, dips, and overhead presses**; instead, focus on **controlled, pain-free movements**.
- **If you do yoga or Pilates:** Modify poses to **avoid excessive shoulder stretching, deep rotation, or weight-bearing on the arms**.
- **Avoid:** Contact sports, repetitive overhead motions, and exercises that cause shoulder discomfort.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for cartilage and joint repair.
- **Vitamin C** - 500mg daily to support collagen synthesis.

- **Glucosamine & Chondroitin** - 1500mg/1200mg daily for joint health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Turmeric (Curcumin)** - 500-1000mg daily for pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support cartilage repair.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce pain and stiffness.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to keep tissues lubricated.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support joint function.

Home Exercise Prescription (Rehabilitation for Labral Tear)

Early Phase (0-2 Weeks, Reducing Pain & Protecting the Joint):

- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression, Elevation.
- **Pendulum Exercises** - Lean forward, let the arm hang, gently swing in small circles, **10 reps, 2x/day**.
- **Scapular Retractions** - Squeeze shoulder blades together, hold **5 seconds**, repeat **10 reps, 2x/day**.
- **Isometric Shoulder Holds** - Press palm against a wall without moving the shoulder, hold **5 seconds**, repeat **10 reps, 2x/day**.

Strengthening Phase (2-6 Weeks, Improving Stability & Mobility):

- **External Rotation with Resistance Band** - Keep elbow at **90 degrees**, rotate forearm outward, **10 reps, 2x/day**.
- **Wall Slides (Forward & Lateral)** - Stand facing a wall, slide affected arm up and down, **10 reps, 2x/day**.
- **Bicep Curls (Light Resistance)** - Controlled motion, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Restoring Strength & Preventing Recurrence):

- **Lateral Arm Raises (Light Resistance)** - Raise arms to shoulder height, **10 reps, 2x/day**.
- **Scapular Stability Exercises (Resistance Band Rows)** - Pull resistance band toward chest, **10 reps, 2x/day**.
- **Modified Push-Ups (Wall or Knees)** - Maintain control, **10 reps, 2x/day**.

Helpful Books:

1. *The Shoulder Pain Solution: Simple Exercises to Prevent and Recover from Injury* - John M. Kirsch, MD.
2. *Overcoming Shoulder Pain: A Guide to Rehabilitation and Recovery* - Peter T. J.

Barrett.

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.