

Arthroscopic Labral Repair

The labrum is a fibrocartilage ring that deepens the glenoid socket and anchors the capsular and ligamentous tissues of the shoulder joint. Its major role is to stabilize the shoulder joint

Symptoms of Labral Tears

When the labrum is torn or detached from its bony attachments to the glenoid symptoms of pain and catching can occur with the extremes of the range of motion.

Diagnosis of Labral Tears

Dr. Wertz will perform tests to assess stability in all directions and see if they cause symptoms.

X-rays and MRI's will help with the definitive diagnosis and determine the type and extent of the tear. They also determine whether the bony architecture is abnormal and help to determine what type of repair will work.

Treatment

Small tears may be relatively asymptomatic after a period of rest and avoidance of activities that reproduce the symptoms. Therapy may assist in strengthening the core scapular muscles and rotator cuff to increase stability

Larger tears will not heal and are likely to remain more symptomatic. These tears may have associated injuries

The tears that remain symptomatic after a period of nonoperative treatment or tears deemed to be too severe for non-surgical treatment to work will require surgery