Prognostic factors of arthroscopic repair of type 2 SLAP lesion

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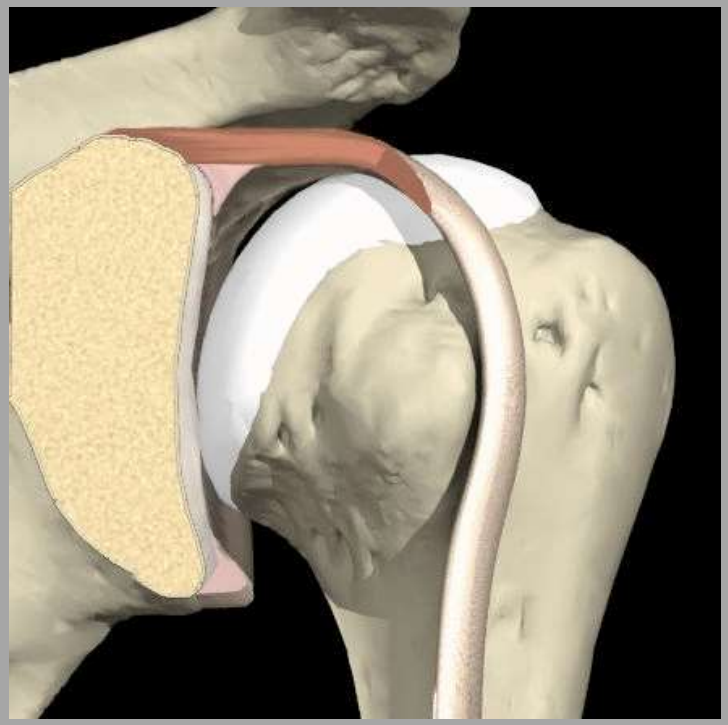
SLAP Tear

Superior **L**abral **A**ntero-**P**osterior



Superior Labrum normal variations

Triangular

Bumper

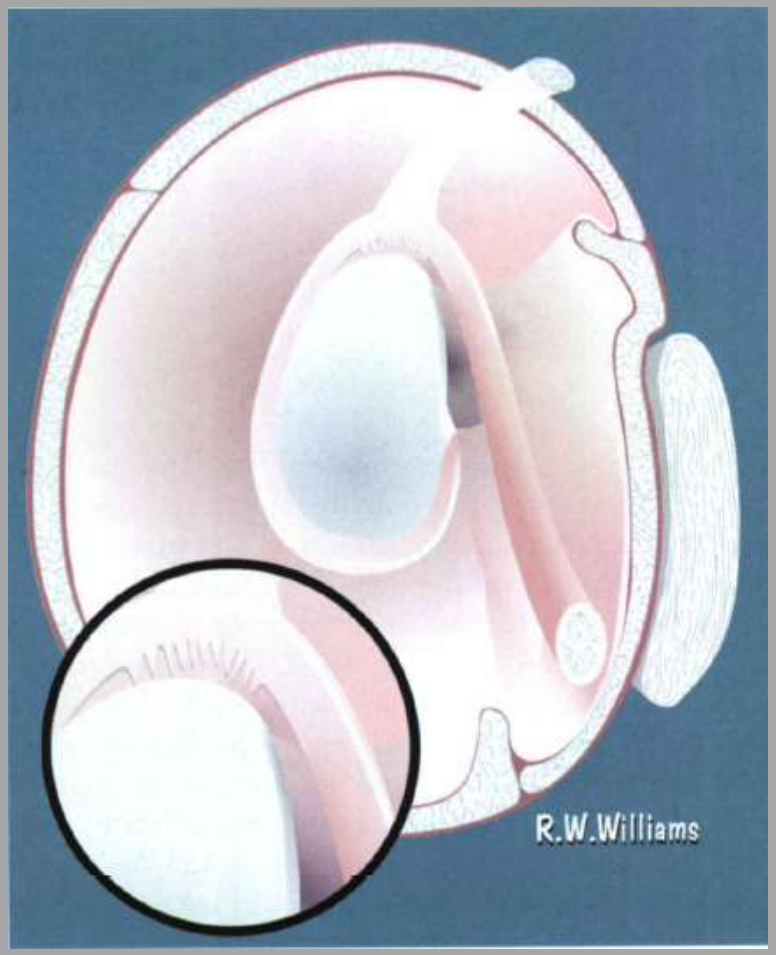
Meniscoid

Mobile

Buford Complex

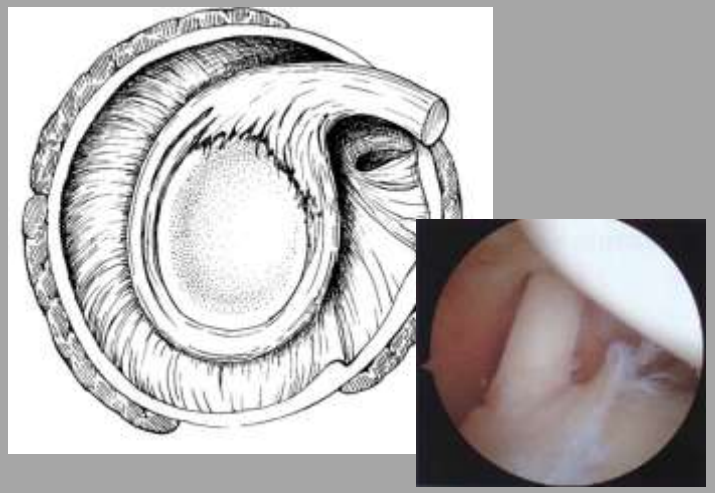
Sublabral Foramen + Cord-like MGHL

1 – 6% prevalence in Arthroscopic study

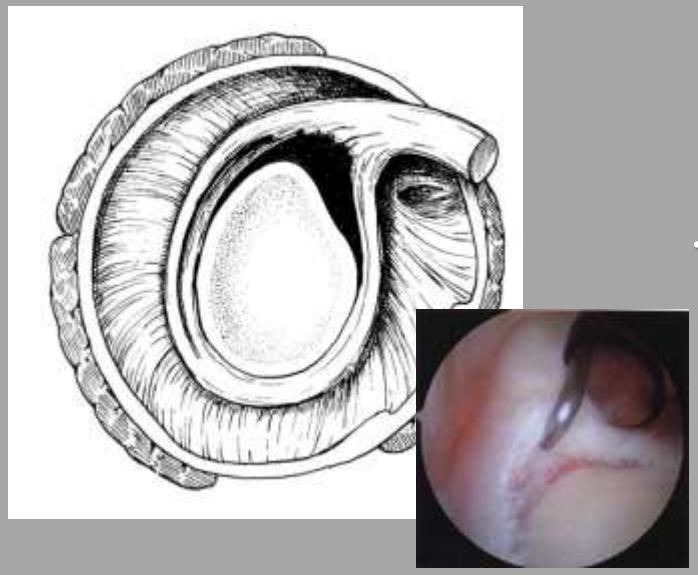


Snyder Classification (1990)

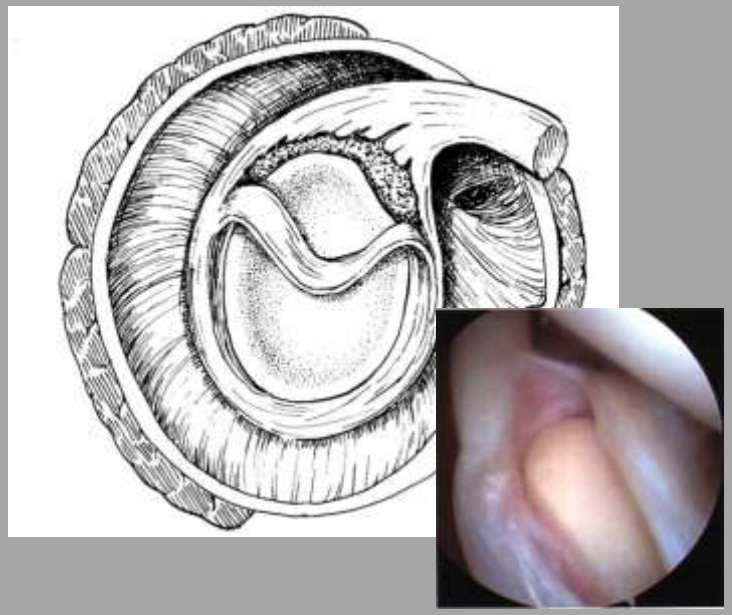
Type 1
20%



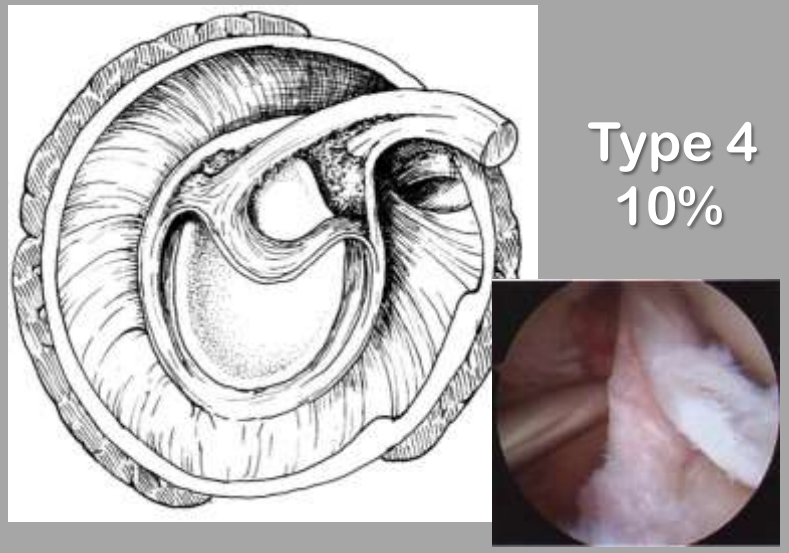
Type 2
55%



Type 3
10%

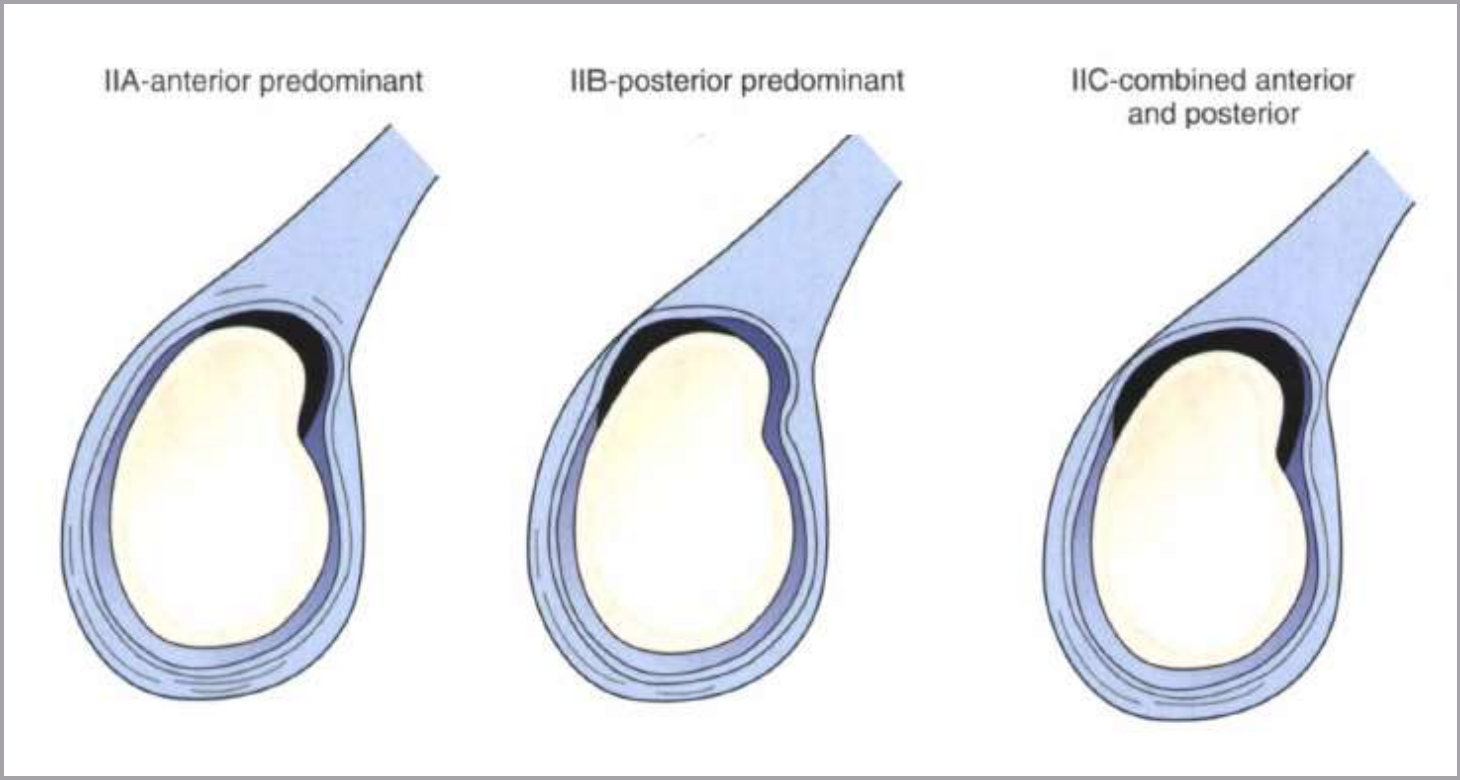


Type 4
10%



Complex Combined - 5%

Subclassification of SLAP type II



From Morgan & Burkhart , 1998

Mechanism of Injury

- Impaction injury
- Traction injury
- Torsional peel-back
- Degenerative

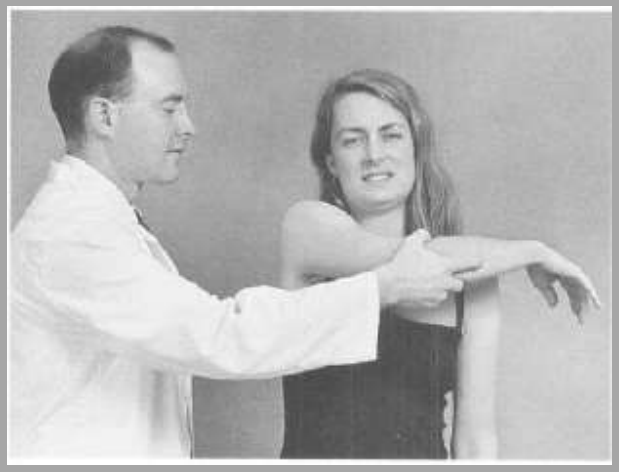
often associated with other pathologies of shoulder

History

- Young, Athlete
- shoulder pain (common complaint)
  - with overhead activity
- catching or popping
- Instability (occasionally)

Clinical Examination

- Differentiate from ACJ
- Exclude instability
- Capsular tightness
- Subacromial impingement



Provocative tests

O'Brien's test (active compression test)

No Pain ⟶ Pain

Provocative tests

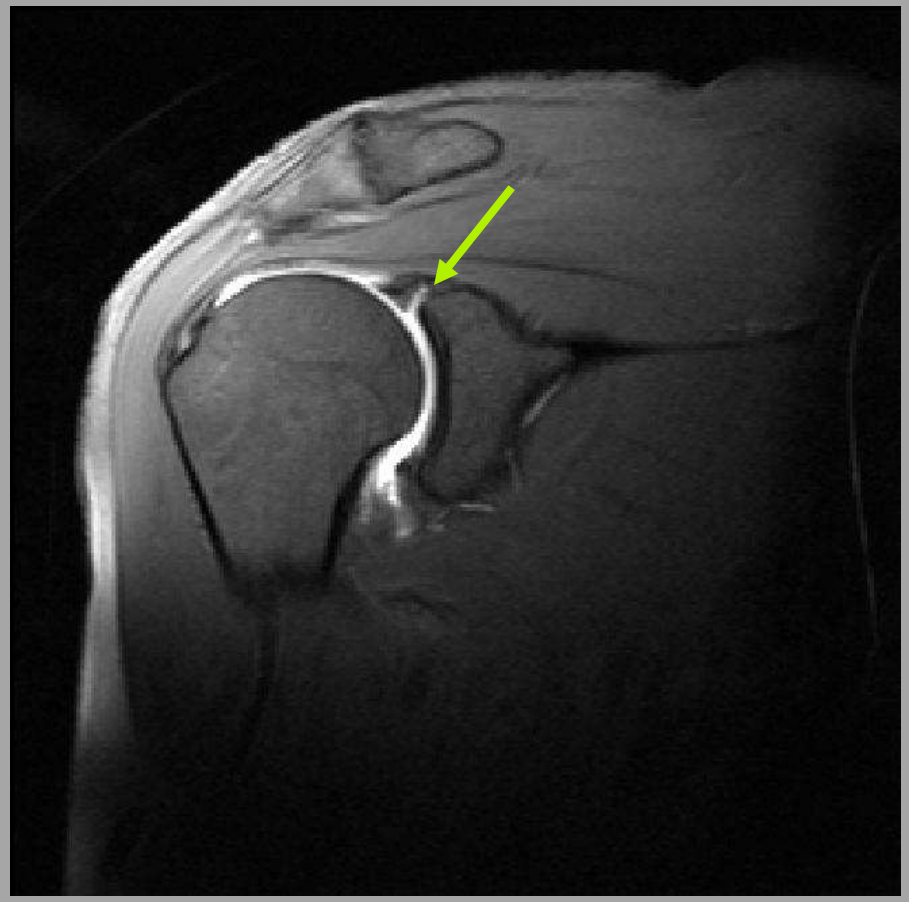
Compression Rotation test (Clunk test)

Provocative tests

Speed test

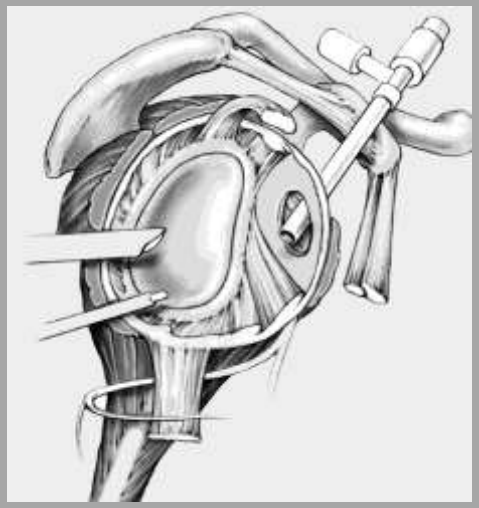
Imaging – MR Arthrogram

75-90% sensitivity



Indications for Arthroscopy

- Pain
- functional impairment
- positive clinical (and/or radiology)



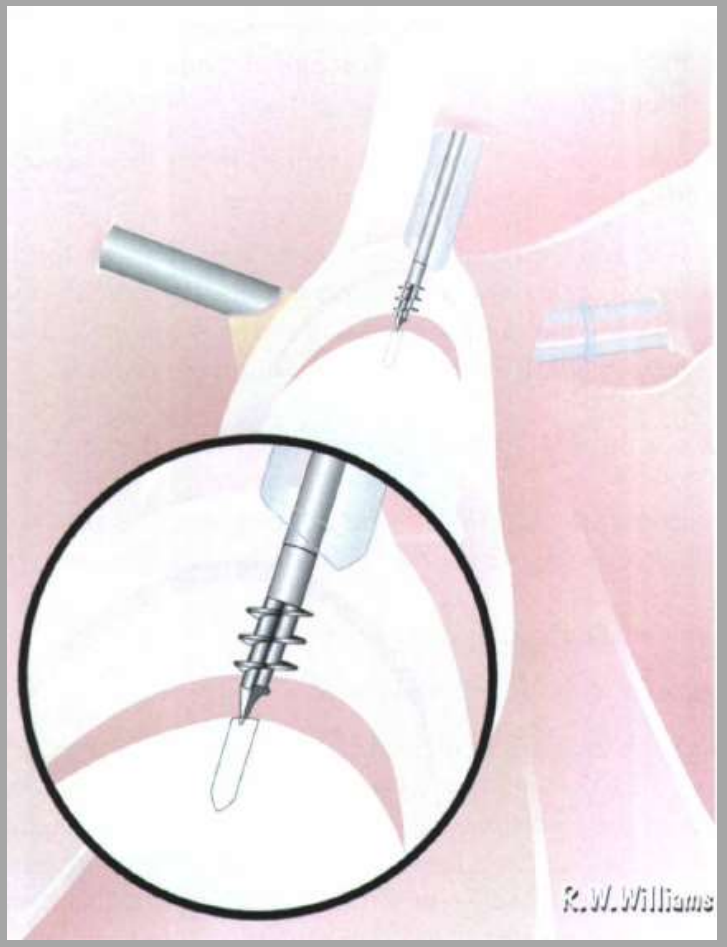
Arthroscopic repair

Post op

- Sling 3 weeks
- 0 – 3 weeks
  - Passive
- 3 – 6 weeks
  - Remove sling
  - Active Assisted
- > 6 weeks
  - Graduated resistance

Outcome

- **Based on :**
  - **treatment modality**
    - Debridement alone
    - suture anchor
  - **associated pathology**
  - **patient age**
  - **Activity level**



Outcome

- 44 patients with isolated type II SLAP
- patient satisfaction higher in traumatic group than in chronic overhead throwers
- only 73% of patients return to their preinjury level of competition

Brockmeier SF. Voos J. Williams R. et al : Prospective outcomes after arthroscopic repair of isolated type II SLAP lesions. J Bone Joint Surg 2008

Outcome

- Outcome of arthroscopic repair of type II SLAP (review the literature)
  - General outcome → 40% to 94%
  - Return to previous level of play →20% to 94%
  - Overhead athletes more challenging
    - rate of return → 22% to 64%

Gorantla K, Gill C, Wright RW, The outcome of type II SLAP repair: a systematic review. Arthroscopy , 2010 Apr;26(4):537-45.

Outcome

- 25 patients with isolated type II SLAP
  - 10 patient → mean age 37 , repair by anchor suture
    - Constant score improved from 65 to 83
    - 60% disappointed (persistent pain or inability to return to their previous level)
  - 15 patient → mean age 52 , tenodesis
    - Constant score improved from 59 to 89
    - 93% were satisfied

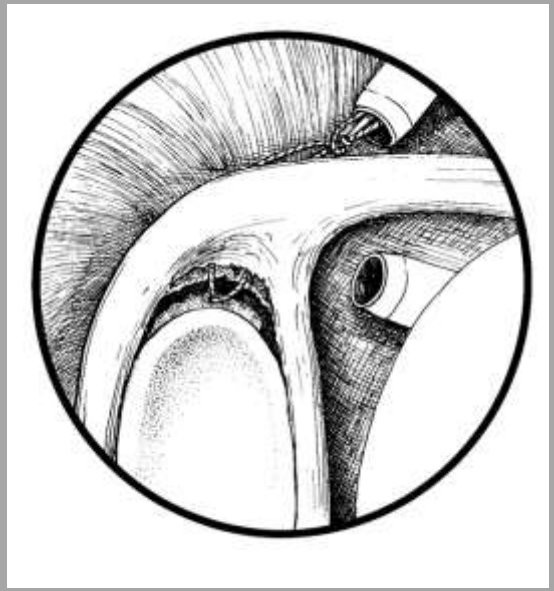
➢**Arthroscopic biceps tenodesis considered as alternative to repair of SLAP II**

➢**Biceps tenodesis as alternative for salvage of failed SLAP repair**

Boileau P, Parratte S, Chuinard C et al :Arthroscopic treatment of isolated type II SLAP lesions: biceps tenodesis as an alternative to reinsertion . Am J Sports Med. 2009 May;37(5):929-36.

Summary

- For repair of SLAP type 2 lesion
  - Consider other pathologies
  - Consider patient age and activity level for treatment plan
  - Biceps tenodesis as alternative to SLAP repair



Thank you for attention