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What is arthroscopic superior labral repair (SLAP repair)?

Arthroscopic superior labral repair is a surgical procedure performed to repair a tear in the superior labrum, a ring of cartilage surrounding the shoulder socket. SLAP tears often occur at the point where the biceps tendon attaches to the labrum.

How do I know if I need arthroscopic superior labral repair surgery?

You may need arthroscopic superior labral repair surgery if you have persistent shoulder pain, instability, catching, or clicking sensations, particularly with overhead activities, and if conservative treatments such as physical therapy have not provided relief.

What does the arthroscopic superior labral repair surgery involve?

During arthroscopic superior labral repair surgery, small incisions are made around the shoulder, and a tiny camera (arthroscope) and specialized instruments are inserted to visualize and repair the torn labrum. The torn tissue is reattached to the shoulder socket using sutures or anchors.

What are Anchors used in Slap repair?

These are small devices made of metal or bio-absorbable material that are inserted into the bone to anchor the sutures used to repair the labrum.

Knotless Suture Anchors are special anchors allow for a knotless repair by securing sutures directly to the anchor without the need for tying knots. They provide a smooth surface and may reduce the risk of irritation or damage to surrounding tissues.

The number of implants used in SLAP repair depends on factors such as the size and location of the tear. In some cases, a single anchor may be sufficient, while in others, multiple anchors may be required to adequately stabilize the labrum and ensure proper healing

What is the recovery time after arthroscopic superior labral repair surgery?

The recovery time after arthroscopic superior labral repair surgery varies depending on the extent of the tear, the specific surgical technique used, and individual factors. Generally, it takes 4 weeks regain full shoulder movement and several weeks to gain strength and function.

Will I need physical therapy after arthroscopic superior labral repair surgery?

Yes, physical therapy is typically recommended after arthroscopic superior labral repair surgery to improve shoulder mobility, strength, and stability, and to facilitate a safe return to activities. Your surgeon will prescribe a specific rehabilitation program tailored to your needs.

What are the potential risks and complications of arthroscopic superior labral repair surgery?

Risks and complications of arthroscopic superior labral repair surgery may include infection, stiffness, weakness, nerve injury, re-tears, and failure of the repair to heal properly. Your surgeon will discuss these risks with you before the procedure.

When can I return to normal activities after arthroscopic superior labral repair surgery?

The timing of returning to normal activities varies for each patient and depends on the extent of the tear, the specific surgical technique used, and the individual's recovery progress. Your surgeon will provide specific guidelines regarding activity restrictions and a gradual return to activities.

What can I do to optimize the success of arthroscopic superior labral repair surgery?

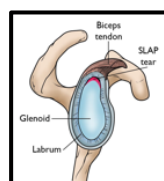
To optimize the success of arthroscopic superior labral repair surgery, it's important to follow your surgeon's post-operative instructions carefully, attend all scheduled follow-up appointments, complete physical therapy as prescribed, avoid overexertion or lifting heavy objects, and maintain a healthy lifestyle.

When Can I return to sports?.

Overhead sporting activities like Racquet Sports, Free style swimming and Bench-press Pulleys can be resumed after 9 months only



SLAP REPAIR



SLAP TEAR



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