

Shoulder Labrum Injuries in Baseball

1. Anatomy and Kinesiology
2. Pathology
 - a. Grading
 - b. Are all SLAPs pathologic?
 - c. Age related?
 - d. Variants of normal
3. Pathophysiology
 - a. Altered mechanics
 - b. Internal impingement
 - c. Core deficiency
4. History
 - a. Typical complaints
5. Physical Exam
 - a. Helpful tests
6. Imaging
 - a. MRI
 - i. Arthrogram v. plain
 - ii. False positives
 - b. Ultrasound
7. Non-operative management
 - a. Closed chain strengthening
 - b. NSAIDs
 - c. Corticosteroid injection
 - i. Image-guided
 1. Ultrasound
 2. Fluoroscopy
 - d. Posterior capsule stretching
 - e. Throwing evaluation
 - f. Core strengthening
8. Surgical management
 - a. Labral repair v. debridement
 - b. Capsule shift
 - c. Posterior release
 - d. Rehab
 - e. Return to throw/hit
 - i. Role for long toss?