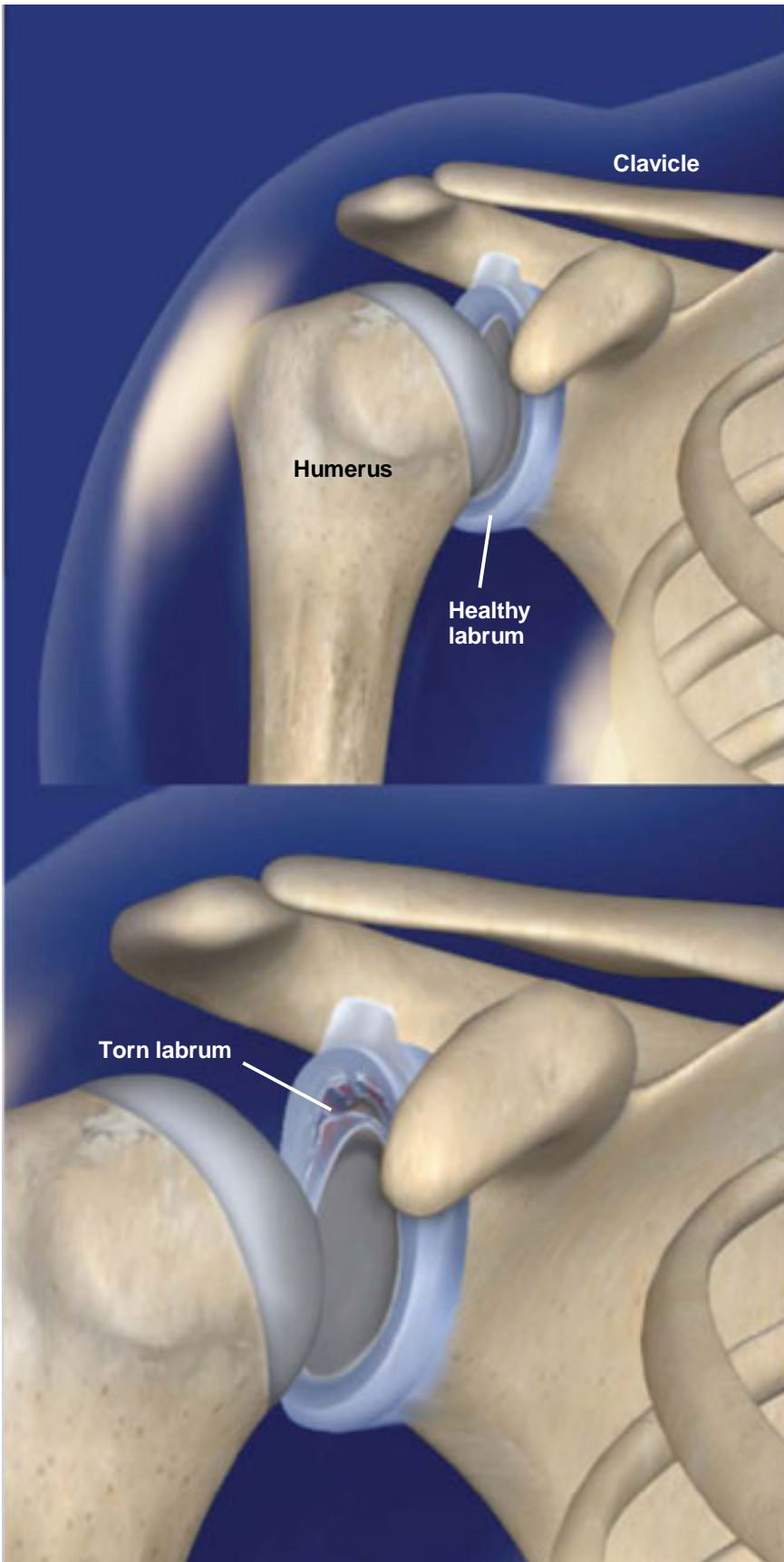


## GLENOID LABRUM TEARS



### Overview

This injury is a tear of the labrum, a thick band of cartilage that lines the rim of the glenoid (which is commonly called the shoulder socket). The labrum cushions the head of the humerus and holds it securely to the glenoid, stabilizing the joint.

### Causes

A labrum tear can be caused by a fall or direct blow to the shoulder, or it can be caused by repetitive trauma to the joint. Sports such as baseball, tennis or weight lifting, which require repetitive overhand motions, are common culprits.

### Symptoms

Symptoms can include pain, clicking, popping or grinding sensations, limited mobility, loss of strength, and a feeling of instability in the shoulder.

### Treatment

Treatment options can include rest, anti-inflammatory medications and physical therapy. If those are not effective, surgery may be needed to repair the labrum.