



The Two Banditos: SLAP Lesion Shoulder and Labral Tear Hip

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April 11, 2013***

Hip is the new shoulder

- Increasing interest in non-arthroplasty hip issues.
- Clinical concepts advancing based on better imaging, increasing use of arthroscopy.
- Less acceptance of hip dysfunction.
- In years past: emphasis on replacement surgery

Hip is the new shoulder

- Analogies between hip and shoulder go back at least to Henry's description of anatomy (2nd edition 1957)
- Rough conceptual mapping
- Rotator cuff shoulder ~ abductors hip
- Deltoid shoulder ~ Glut max / fascia lata / TFLA
- Labrum ~ labrum
- But: glenoid is shallow <-> acetabulum is deep

Hip is the new shoulder

- Hip arthroscopy in 2013 similar in maturity to shoulder arthroscopy in late 1990's
- Will catch up very fast
- Will most likely overshoot and correct

Hip is the new shoulder

- Common focus is femoro-acetabular impingement → bump on femoral neck impinging on acetabular rim, leading to labral fraying, delamination of cartilage and subsequent osteoarthritis

Hip is the new shoulder

Bump or cam deformity as
incidental finding



Hip is the new shoulder

- Hip arthroscopy is a rapidly moving field
- Key opinion leader player is Canadian surgeon Marc Philippon, Vale, Co
- Has outspoken opinion on function of labrum of hip
- Sees this as a key structure, maintaining a suction seal
- Loss of integrity of labrum sets up the hip for future deterioration

Shoulder

- Shoulder arthroscopy is more mature
- Rate of change is less than in hip arthroscopy
- Early concepts have already been debated and/or revised
- Controversy continues unabatedly

Pathology vs Normal Variant?

- Anatomy did not arise from text book
- Text books arose from anatomy observations
- Concepts are re-evaluated from time to time
 - MRI / Ultrasound etc
 - arthroscopy
 - anatomy labs

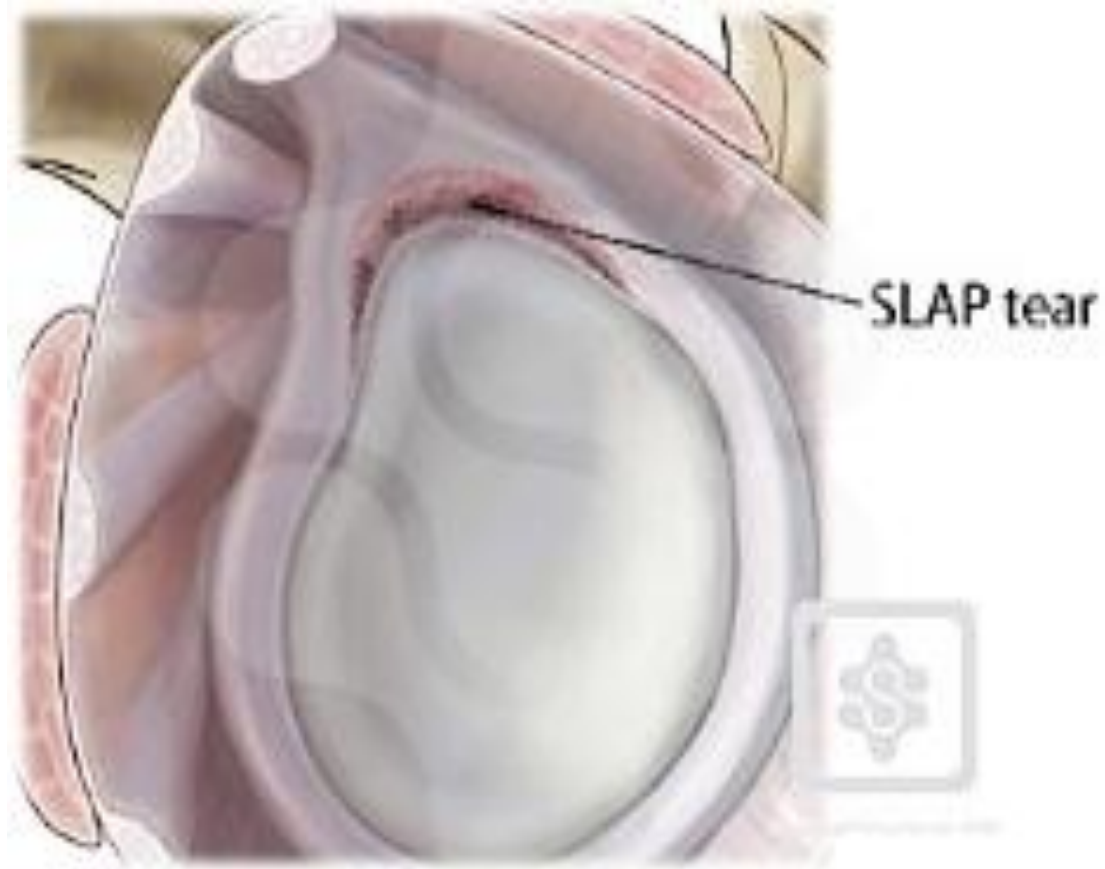
Pathology vs Normal Variant

- Wave of enthusiasm → retreat
- Early knee arthroscopy → medial plica
- Many unnecessary excisions
- Live and learn!

Pathology vs Normal Variant

- Early shoulder arthroscopy → labral non-adherence, mainly anterosuperiorly
over-diagnosed as pathologic
wide variety of normal variants
- SLAP lesion → disruption of biceps anchor, superior labrum
- Pathology vs non-pathology not always easy

SLAP Tear



SLAP tear



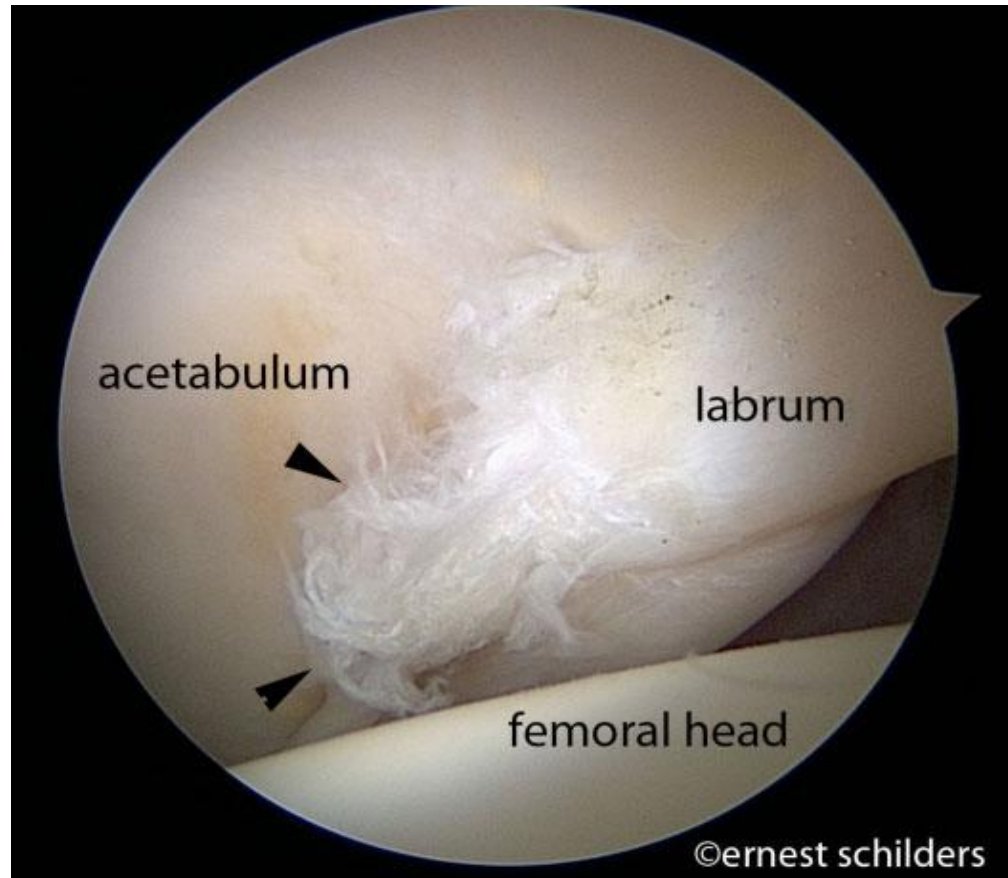
SLAP tear

- Treatment:
Once conservative treatment failed →
debridement, repair or tenotomy and
tenodesis

Pathology vs normal variant

- Hip arthroscopy:
 - Labral tear mainly antero-superiorly
 - Considered pathological
 - Yet, common finding in asymptomatic hips
 - Assessment requires judgement

Hip - labral tear



Hip – labral tear

- Treatment:
- Once conservative treatment failed → debridement or repair, possibly with femoral osteoplasty

MRI vs Arthroscopy: Gold standard?

- 'MRI arthrogram of hip and shoulder 85-90% accurate' → against what?
- Video clips of antero-superior shoulder anatomy → poor consensus between orthopaedic surgeons
- Clinical implications of finding a disruption → numerator vs denominator approach

Amidst the confusion, they grab the gold...

- Tendency noted to minimize biceps anchor pathology and hip labrum pathology in medical experts retained by ICBC
- MRI arthrogram portrayed as 'fishing expedition'

...and tailed it down, all the way to Mexico

- Liberal, but imprecise, use of statistical terms
- May cause unnecessary difficulties for personal injury victims / plaintiffs

The posse...

- History and clinical exam, X-rays, first
- Differential diagnosis establishes 'a priori' probability
- Subsequent imaging or other studies → not part of fishing expedition
- Subsequent findings at surgery and surgical intervention → better foundation

The crowd...

- Similar issues:
- tendon tears and tendinopathy → rotator cuff, hip abductors, tennis elbow, achilles tendinopathy, etc
- degenerative joint changes → pre-existing, albeit asymptomatic (or less symptomatic) arthritis

Discussion

- Ongoing debate re SLAP and labral lesions
- Medical probability vs legal probability
- Pain generator → proof of concept
→ acute vs chronic
- Definite statements are circumspsect (!)
- May see a fair bit of downplaying of findings at MRI or surgery

Conclusion

- SLAP lesions and labral lesions →
- Remain subject of ongoing debate
- Strong opinion leaders identified
- Plaintiffs' interests to be safeguarded
- Trivializing injury of the labrum of hip and/or shoulder has been noted and should be recognized as such when applicable