The Two Banditos: SLAP Lesion Shoulder and Labral Tear Hip

Dr. Arno Smit - WROSC
Hazelmere Golf and Country Club
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 $\rightarrow$ retreat
- Early knee arthroscopy $\rightarrow$ 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

- Sudden force through shoulder can disrupt biceps anchor
- Pain may fluctuate in severity
- Role of biceps tendon as pain generator remains under debate
- Opinion leaders: Dr. S. Snyder
  Dr. S. Burkhart
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 $\rightarrow$ proof of concept
  $\rightarrow$ acute vs chronic
- Definite statements are circumspect (!)
- 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’ interested to be safeguarded
- Trivializing injury of the labrum of hip and/or shoulder has been noted and should be recognized as such when applicable