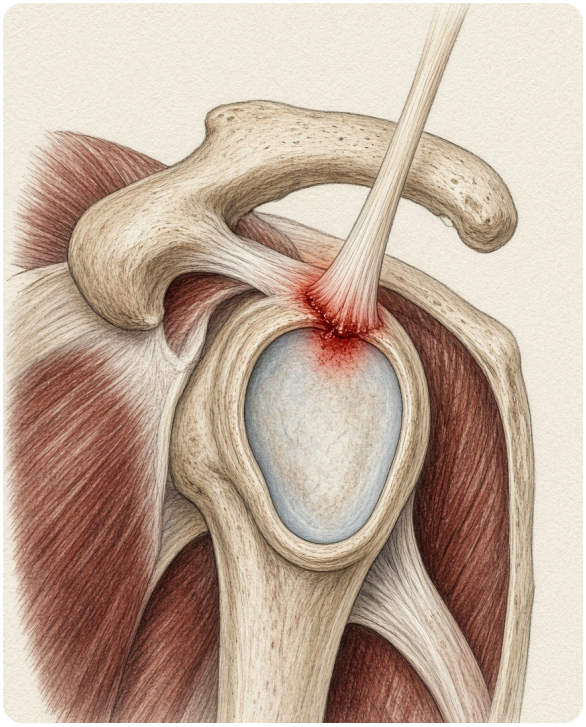
ARMIN PHYSIO



PATIENT GUIDE

SLAP Tear

Deep shoulder pain, clicking or catching? It could be a **SLAP tear.**

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Physiotherapist · arminphysio.com

What is a SLAP tear?

A SLAP tear (Superior Labrum Anterior to Posterior) is an injury to the labrum, the ring of cartilage around your shoulder socket, where the long head of the biceps tendon attaches. Many SLAP tears can be managed without surgery with a structured rehab program.

QUICK CHECK

Does this sound like you?

- [ ] A **clicking or clunk** sound in your shoulder
- [ ] Pain when you **resist moving a straight arm across your body** with your thumb pointing down
- [ ] Pain that **lessens when your palm is facing up** and you resist the same motion
- [ ] Pain when the shoulder is **compressed and moved up and down**
- [ ] **Deep shoulder pain**, or pain with **overhead movements, throwing, lifting or pulling**

If you ticked a few boxes, your labrum could be part of the problem. Try the 3 exercises on the next pages.



Resisting a straight arm across the body, thumb down



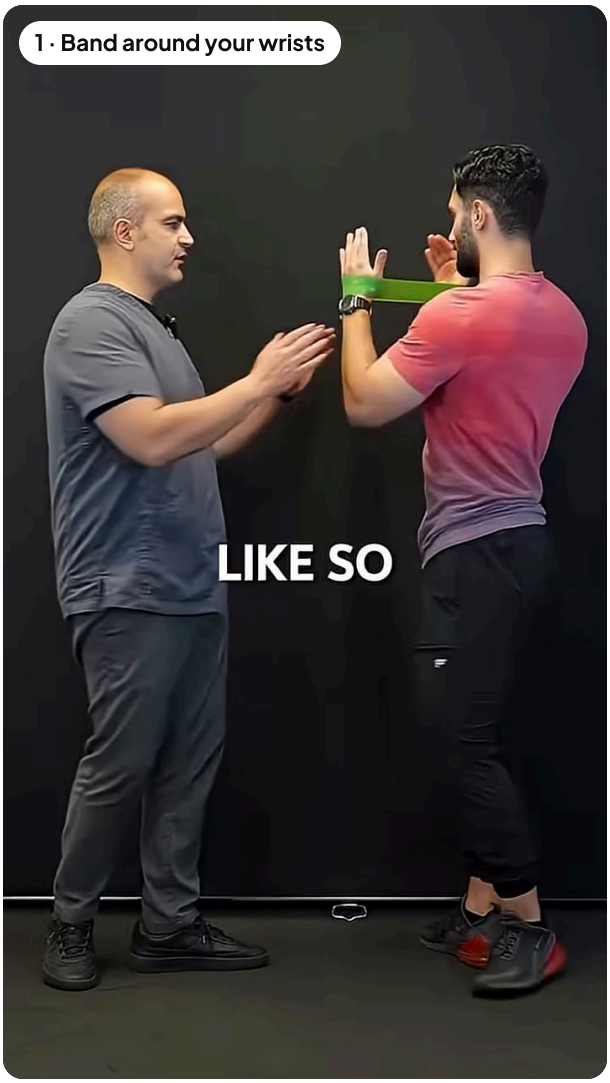
Compressing the shoulder and moving it up and down

YOUR 3 EXERCISES

Try these exercises

1 Band wall slide

Activates your external rotators





1. **Loop a band around your wrists** like so, facing the wall.
2. From here, **activate your external rotators** and go up the wall, maintaining control.
3. Keep those **forearms parallel** with one another.
4. **Come back down** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

2 Ball on the wall: alphabet

Stabilizes your shoulder blades





1. Grab a ball and **place it against the wall**.
2. **Gently lean into the ball.**
3. From here, try **doing the alphabet**.
4. **Stabilize your shoulder blades** while you're doing it, and repeat.

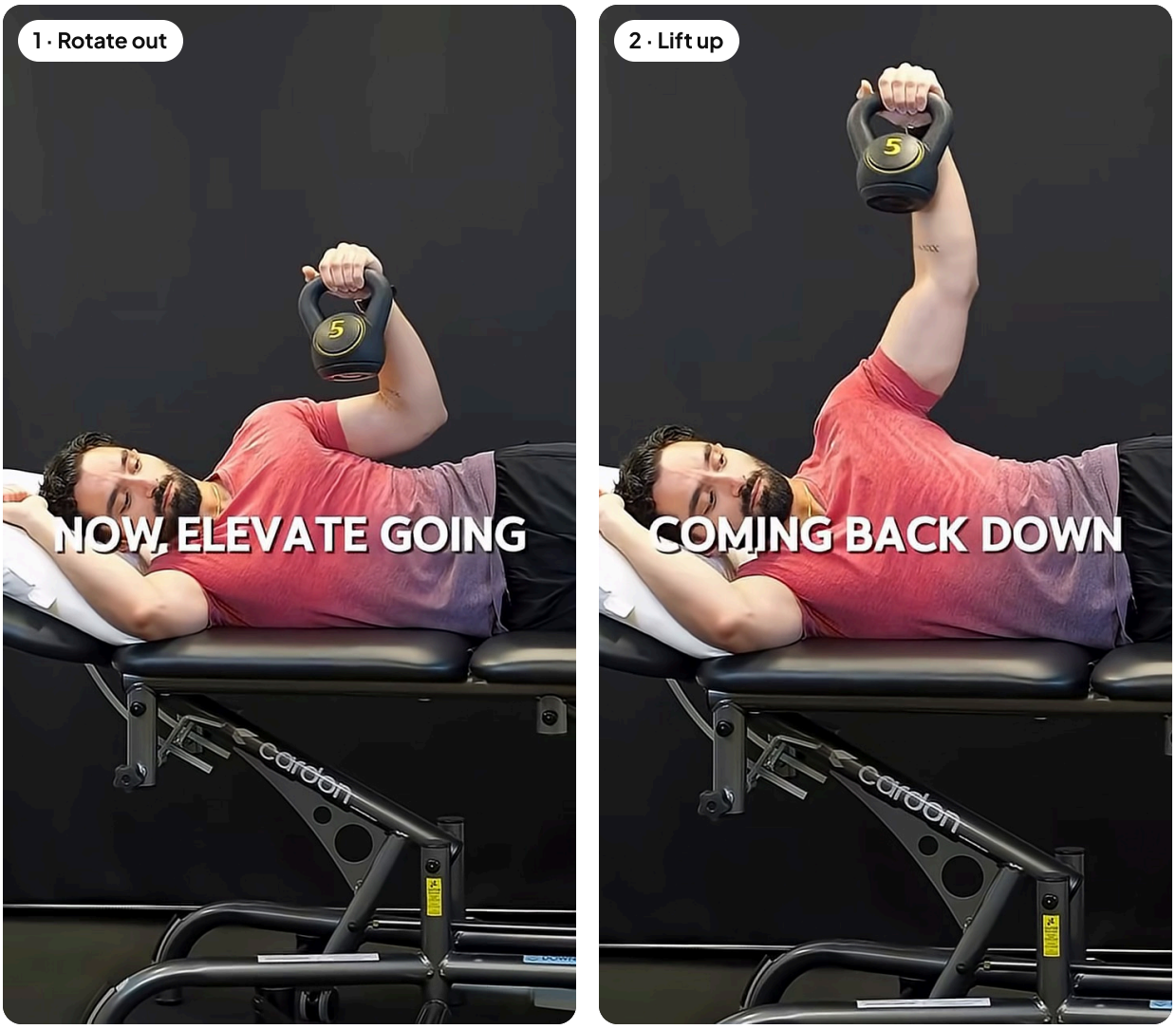
2–3 rounds of the alphabet

Suggested dosing

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

3 Side-lying rotation + raise

Works the rotator cuff muscles



1. Get into a **side-lying position** and hold on to a weight like so.
2. Go into **external rotation**, working those muscles.
3. From here, now **elevate**, going into abduction.
4. **Come back down slowly** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Activate
Band wall slide, 3 sets of 10–15

02
Stabilize
Ball on the wall alphabet, 2–3 rounds

03
Strengthen
Side-lying rotation + raise, 3 sets of 10–15

Sets and reps for exercises 1 and 3 are from Armin's video; the alphabet rounds and doing it once a day are suggestions. Move slowly and with control. It should not make your pain worse.

Stop the exercise if you notice

- Sharp pain, or a painful clunk or catch during the movement
- Pain that lingers or is worse the next day
- Your shoulder feeling like it's slipping out, or numbness or tingling in your arm

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- Shoulder pain after a **fall or accident**, especially if the shoulder **looks out of place**
- **Chest pain, shortness of breath**, sweating, or pain spreading to your **jaw or arm**
- Suddenly **can't lift your arm** at all, or major weakness that came on quickly
- A shoulder that is **hot, red and swollen**, or shoulder pain with a **fever**
- **Numbness, tingling or weakness** spreading down your arm
- **Constant pain at night** that doesn't ease with rest, or **unexplained weight loss**

Call 911 for chest pain or trouble breathing. For the others, see a doctor right away or go to the nearest emergency department. If your shoulder isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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