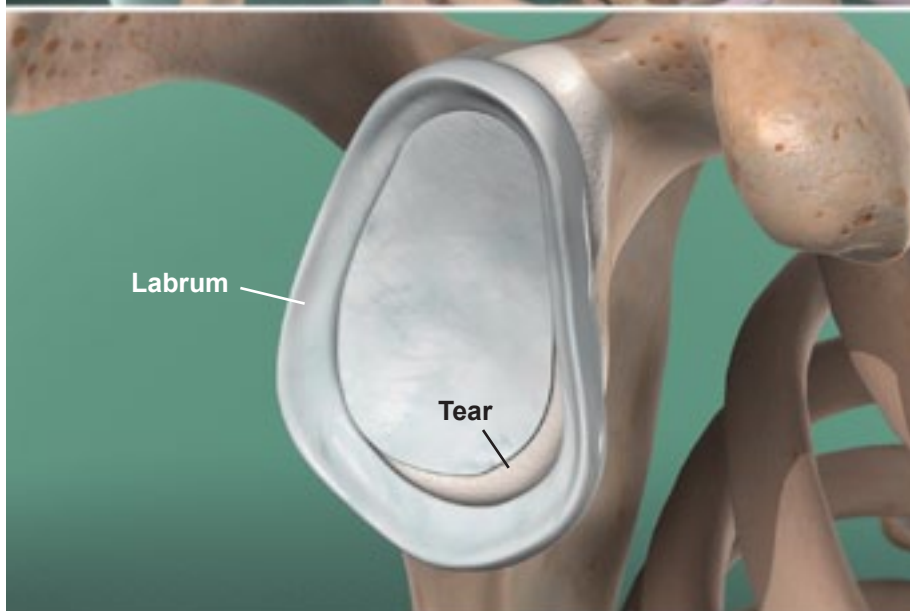


## Glenoid Labrum Tear



### Overview

If you have pain in your shoulder, you may have a torn labrum. That's the thick band of tissue that goes around your shoulder socket. It helps make the socket deeper. It cushions the bone of your upper arm and keeps it from slipping.

### Causes

You can tear your labrum if you get hit hard on your shoulder, or if you fall and try to catch yourself with your arm. You can also tear it if you pull or lift something that's heavy. And, you can tear a labrum over time if you lift weights or play sports like baseball or tennis.

### Symptoms

A torn labrum can be painful. It may hurt when you lift your arm high. You may notice that your shoulder grinds, pops, catches or locks up. It might feel unstable, and you might not be able to move it well. It may feel weak, and it may hurt even when you are resting.

### Treatment

Your doctor may recommend rest, medications and physical therapy. If those don't help, you may need surgery. Your healthcare provider can create a care plan that is right for you.