%• A SLAP tear is an injury sustained to the glenoid labrum caused by repetitive stress to the shoulder, typically seen in overhead athletes.
%• Reviews on superior labral anterior to posterior (SLAP) injuries have been reported in the literature. However, current reviews have not focused on an athlete’s return to their previous level of sport or athletic performance.

SLAP injury was originally described by Andrews et al in 1985. Despite the long history, SLAP injuries remain a prevalent problem among overhead athletes and contact athletes. The intent of this study is to systematically review and evaluate return to sport (RTS) after SLAP injury. We further discriminated between RTS and return to sports performance (RTSP) to determine additional performance metrics.

The Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) guidelines were followed to evaluate methodology.

A systematic review of randomized control trials, retrospective and prospective interventions, and observational studies with a population greater than 10 athletes investigating RTS for labral injury after surgical repair or conservative treatment.

A computer assisted literature search of PubMed, CINAHL, Endbase, and SportDiscus databases utilized keywords related to RTS post-surgery for SLAP repair was implemented.

https://www.saintlukeskc.org/health-library/slap-lesion-shoulder-joint

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