

## Functional Differences in Athletes with Shoulder Instability and SLAP Lesions

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### Summary:

Even with pain and decrease in performance, athletes with SLAP lesion can maintain regularly training compared with athletes with instability. This behavior can expand lesion size, increasing the athletes' shoulder tissues damage.

### Abstract:

Instability and SLAP are frequent lesions in active athletes determining pain and disability in the shoulder. Currently, limited information is available regarding baseline functional differences between these lesions which could be useful to establish treatment strategies.

The aim of this study was to investigate functional differences between athletes with instability and SLAP lesions by analyzing shoulder absolute scores and their subcategories.

Two-hundred and forty nine athletes were evaluated in a shoulder orthopedic clinical attendance, 153 athletes with shoulder instability and 96 with SLAP lesions. All of them provided demographic and sports activity information and were inquired about their lesions characteristics. The self-evaluation section of the American Shoulder and Elbow Surgeons (ASES) and the Athletic Shoulder Outcome Rating Scale (ASORS) were collected for baseline lesion assessment. Groups were compared by t-tests and Chi-square tests. Statistical significance was set at 5% ( $p < 0.05$ ).

Both groups of athletes demonstrated medium scores on activities of daily living and low scores in relation to sports activities, with no differences between them. When analyzing scale's subcategories, pain was more evident in SLAP athletes and they tolerated more training hours compared to the instability group.

In conclusion, athletes with shoulder instability and SLAP lesion present different functional impairments related to sports activities, such as pain perception and intensity of training. Although athletes with SLAP lesion present more pain complaints, they tolerate more hours of training compared to athletes with shoulder instability.