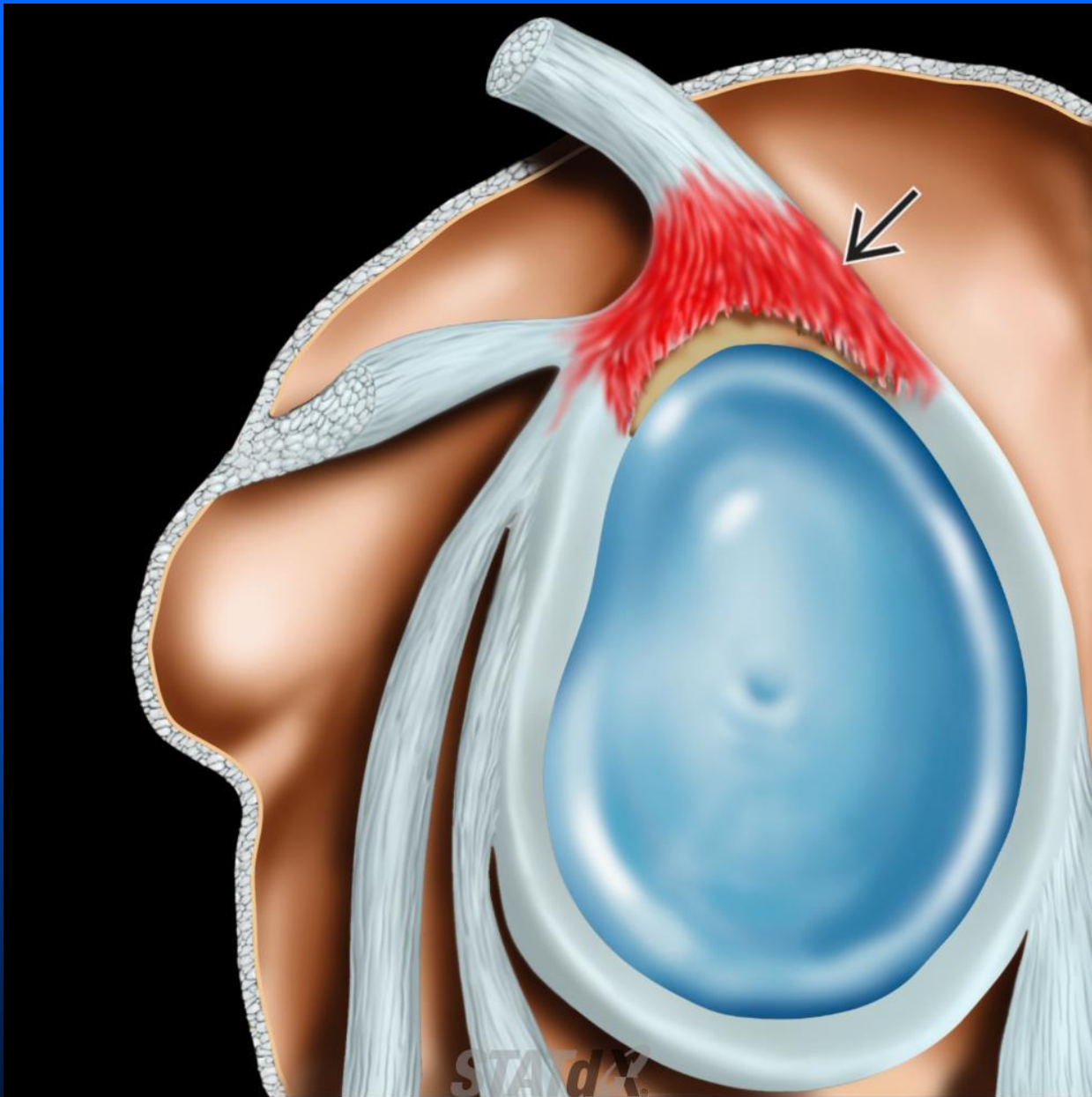


Type 2 Tear

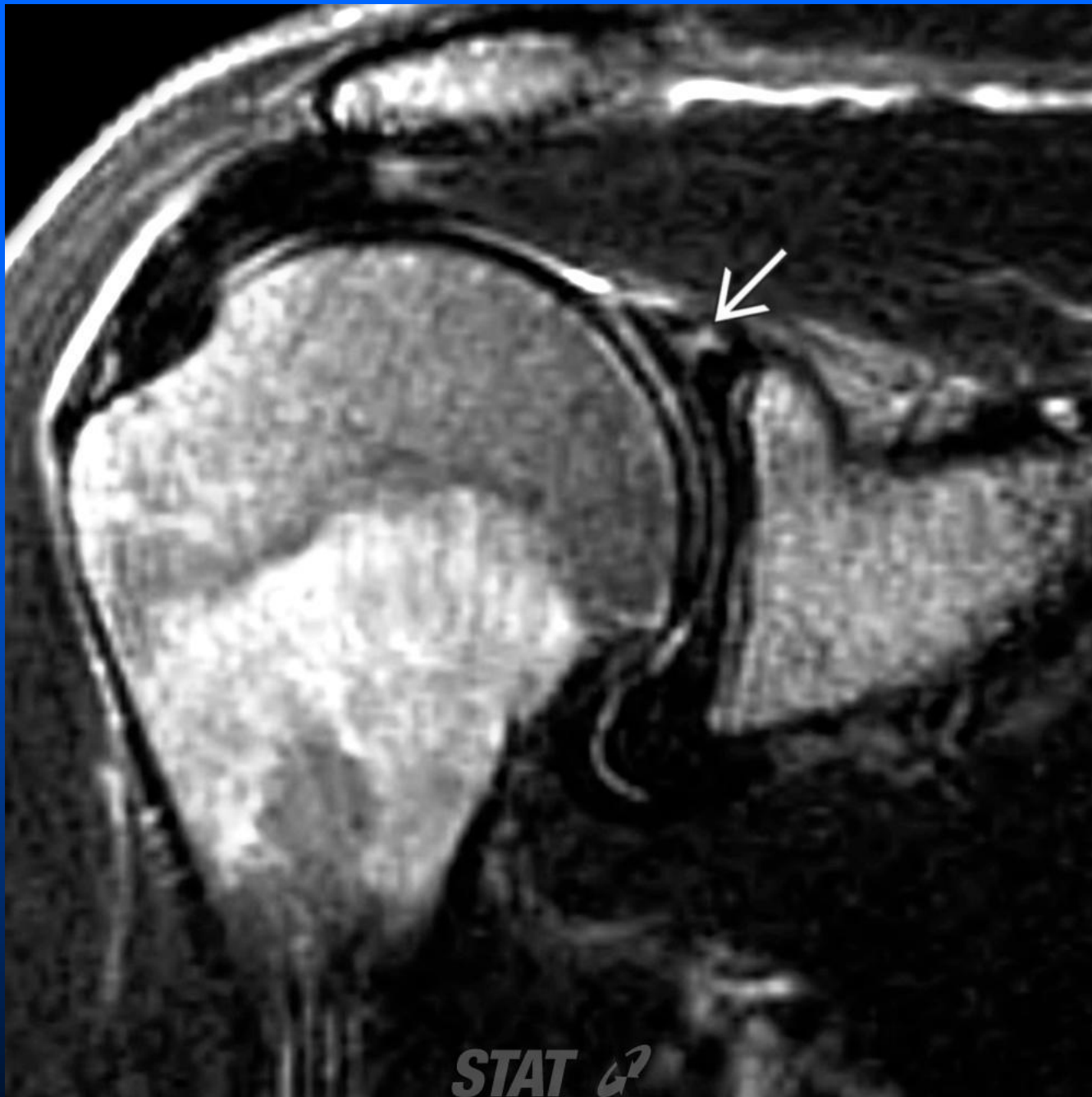
- Linear increased signal along long axis of superior labrum that extends to surface of labrum
- Signs to differentiate from normal variant superior recess
 - Lateral curving high signal
 - Double Oreo sign: 2 high T2 signal lines (normal variant superior recess plus SLAP tear)
 - Abnormally wide high signal on coronal images
- Sometimes impossible to distinguish type II SLAP from superior recess on MR (may differentiate)
 - high T2 signal or contrast curves laterally
 - high signal width within labrum > 2 mm
 - high signal or contrast extends posterior to biceps anchor
 - **Double Oreo cookie sign**



Lateral graphic shows a type II SLAP tear. There is a longitudinal tear of the superior labrum (black solid arrow). Type II SLAP tears are the most common subtype of the significant SLAP tears (types II-X) and are usually symptomatic and have an unstable biceps anchor.

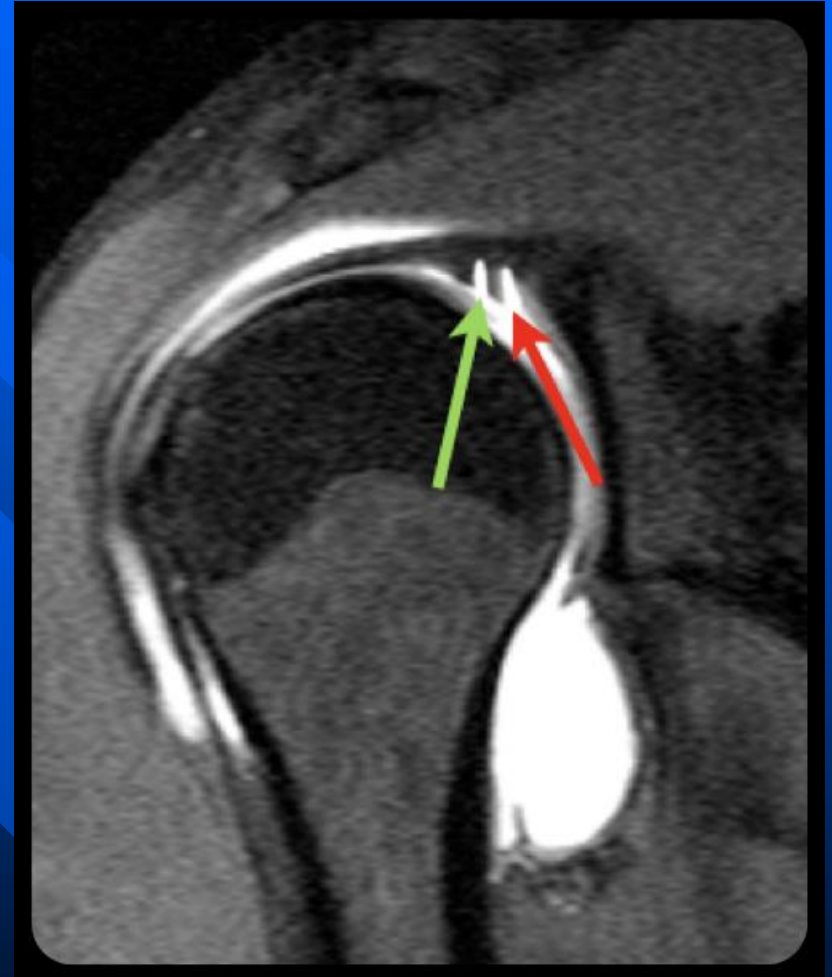


Coronal oblique T1 FS MR arthrogram shows a type II SLAP tear (white solid arrow). The contrast in the tear is mainly oriented vertically and curves laterally near the top of the tear, instead of curving medially as would be seen with a normal variant superior recess.



Coronal oblique T2WI FS MR shows a type II SLAP tear (white solid arrow). Another sign of a SLAP tear is abnormally wide high signal (> 2 mm on MR) in the superior labrum.

Double Oreo



Double Oreo

