

## BICEPS TENDONITIS

### **What is wrong with my shoulder?**

The biceps tendon is located in the front of the shoulder. It has two attachments at the shoulder and one attachment at the elbow. The long head of the biceps is attached to the labrum at the top of the shoulder socket. The tendon exits the shoulder through the rotator cuff and runs down along the humerus in the bicipital groove. The biceps tendon can become inflamed and cause pain in the front of your shoulder.

### **What causes biceps tendonitis?**

Biceps tendonitis is usually associated with rotator cuff disease especially impingement syndrome and commonly results from repetitive overhead use of the shoulder. Inflammation of the tendon most commonly occurs in the bicipital groove.

### **How is biceps tendonitis diagnosed?**

Patients typically complain of pain in the front of the shoulder which is made worse with overhead activity or lifting heavy objects. Sometimes the pain will radiate down the arm into the biceps muscle. There is usually tenderness over the bicipital groove. The pain is made worse when the patient tries to lift their arm above their head against resistance (Speeds test).

### **How is biceps tendonitis treated?**

Treatment of biceps tendonitis initially includes non-steroidal anti-inflammatories such as ibuprofen and restriction of overhead activities and lifting. Occasionally patients will go to physical therapy. Some patients may choose to have a cortisone injection. The injection is given into the bicipital groove not directly into the tendon. When conservative treatment fails, the patient may choose to have surgery.

### **What happens if I need surgery?**

There are two surgeries, both can be done arthroscopically. The first surgery involves removing the tendon from its insertion at the top of the shoulder and reattaching the tendon to muscle. This is called a bicep tenodesis. The other surgery involves cutting the bicep tendon at its insertion called a tenotomy. Biceps tenodesis is usually preformed on younger more active thin patients.



Normal biceps tendon



Frayed biceps