

Arthroscopic Biceps Tenodesis is an Effective Surgical Method for Biceps Tenodesis

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INTRODUCTION

Biceps tenodesis is a common procedure used to treat conditions such as biceps tendonitis, biceps tendon tears, and SLAP tears. Several methods of biceps tenodesis have been described and there is controversy regarding the various methods. This study evaluates the outcomes of a large series of patients treated by one surgeon with arthroscopic (ATS) and open biceps tenodesis

HYPOTHESIS

Arthroscopic biceps tenodesis is an effective surgical method for biceps tenodesis

MATERIALS/METHODS

A consecutive series of patients undergoing shoulder arthroscopy by one surgeon was followed pre and post operatively. Patients received either an ATS suprapectoral or open subpectoral biceps tenodesis. Preoperative diagnosis included biceps tendonitis, labral tears, or SLAP tears with 96% having concomitant rotator cuff tears. All patients failed non operative treatment modalities. The Disabilities of the Arm, Shoulder, and Hand (DASH) questionnaire was used to measure each patient's capability preoperatively and at 7 post operative reporting intervals up to 5 yrs post op.

RESULTS

	Arthroscopic	Open
# of patients	971	59
males	466	55
females	505	4
Age (yrs)	56 (13 to 86)	42 (23 to 63)
DASH Pre Op	56	49
DASH at 1 yr	29	27.5
Avg Return to Work (mths)	5	n/a
# Revision arthroscopy	23 (2.3%)	n/a
# Tenodesis failure	5 (0.62%)	0 (0%)

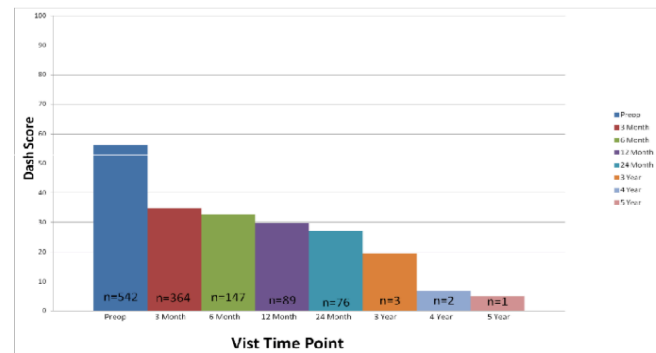


Figure 1 Biceps Tenodesis DASH Scores Preoperative – Five Years Postoperative

RESULTS

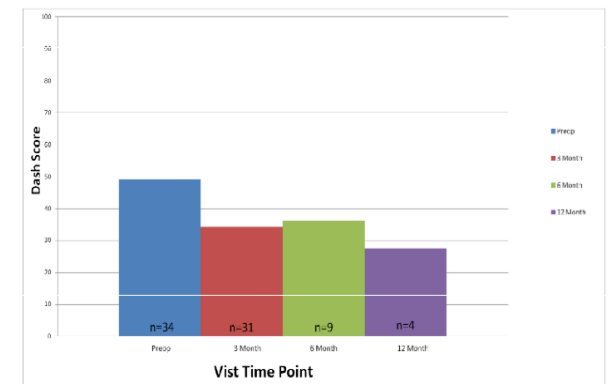


Figure 2 Open Biceps Tenodesis DASH Scores Preoperative – 1 Year Postoperative

CONCLUSION

ATS biceps tenodesis is an effective method for biceps tenodesis when combined with other procedures for treating shoulder pathology including biceps tendonitis, SLAP tears, and rotator cuff tears.