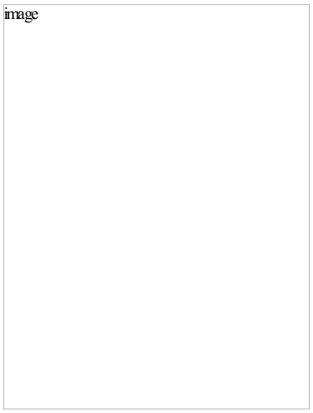

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Arthroscopic tenotomy of the long head of the biceps tendon

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Abstract

The tendon of the long head of the biceps (LHB) can become a source of pain and subsequent shoulder disability as due to several pathologies, such as tendonitis, synovitis, subluxation, dislocation, and hypertrophy with intra-articular entrapment. Operative treatment for a symptomatic LHB tendon includes tenotomy or tenodesis; however, there is considerable debate over which technique is optimal. The decision to use one technique over the other depends on patient factors (age, health condition, activity, and hope), structural compromise to the biceps tendon, and concomitant shoulder pathology. The benefits of tenotomy are technical ease, minimal risk of persistent tenosynovitis, no need for an implant, postoperative protection, and