

# Biceps Tendon Pain

## What Is Biceps Tendon Pain?

Biceps tendon pain typically refers to discomfort or inflammation in the tendons that attach the biceps muscle to the bones in the shoulder or elbow. The biceps muscle has two tendons: the long head, which attaches to the top of the shoulder socket (glenoid), and the short head, which attaches to the coracoid process of the shoulder blade.

## What Causes Biceps Tendon Pain?

- Overuse or repetitive movements, such as lifting heavy objects or performing overhead activities.
- Trauma or injury to the biceps tendon, resulting from sudden force or impact.
- Degenerative changes in the tendon with age, leading to tendonitis or tears.
- Shoulder instability or impingement, which can put strain on the biceps tendon.
- Poor posture or improper lifting techniques, contributing to tendon strain and inflammation.

## How To Treat Biceps Tendon Pain?

Treatment for biceps tendon pain depends on the underlying cause and severity of symptoms. Initial management may include:

- Rest: Avoiding activities that exacerbate pain and inflammation.
- Ice therapy: Applying ice packs to the affected area to reduce swelling and discomfort.
- Pain management: Over-the-counter or prescription medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs), to alleviate pain and inflammation.
- Physical therapy: Stretching and strengthening exercises to improve flexibility and muscle support around the shoulder joint.
- Modification of activities: Adjusting movement patterns and ergonomics to reduce strain on the biceps tendon.

## What Are The Treatment Options?

In cases of severe biceps tendon tears, treatment options may include:

- Surgical repair: Surgical intervention to reattach the torn tendon to its original insertion point on the bone, particularly for significant tears or complete ruptures.
- Biceps tenodesis: Surgical procedure to remove the damaged portion of the tendon and secure the remaining portion to a different location on the bone, relieving pain and restoring function.

## Will I Need Surgery For Biceps Tendon Pain?

Surgery for biceps tendon pain is not always necessary and depends on the individual's symptoms, functional limitations, and response to conservative treatments. Many cases of biceps tendon pain can be effectively

managed with non-surgical approaches, such as rest, physical therapy, and medications. However, in cases of severe tendon tears or failure to respond to conservative treatments, surgery may be recommended to alleviate pain and restore shoulder function.