

Biceps Tendon Surgery - Shoulder

If you have shoulder pain caused by a damaged biceps tendon, surgery may help. Two common procedures—**tenodesis** and **tenotomy**—are used to treat problems with the biceps tendon where it attaches to the shoulder joint.

What Is The Biceps Tendon?

The **long head of the biceps tendon** runs from the biceps muscle up into the shoulder. It can become worn, inflamed, or torn due to:

- Age-related changes
- Overuse
- Shoulder injuries (e.g. rotator cuff tears)

This can lead to pain and weakness in the shoulder and upper arm.

Types Of Surgery

- The damaged part of the tendon is removed.
- The healthy part is reattached to the upper arm bone.
- Helps maintain strength and avoids cosmetic changes.

- The tendon is simply cut and released.
- Quick and effective for pain relief.
- May cause a harmless “Popeye” bulge in the upper arm.

Who Needs This Surgery?

You may benefit if:

- You have ongoing shoulder pain from a torn or inflamed biceps tendon
- Scans show tendon damage that hasn't improved with physiotherapy
- You're experiencing weakness or clicking in the shoulder

What Does The Surgery Involve?

- Done as a day-case under general anaesthetic
- Often performed via keyhole (arthroscopic) surgery
- Sling worn for 1-4 weeks
- Physiotherapy starts shortly after surgery

Recovery And Aftercare

- Light activities: 1-2 weeks
- Driving: 2-4 weeks
- Full recovery: 2-3 months

Benefits

- Relieves pain
- Restores function
- Short recovery time
- Suitable for a wide range of patients

Risks

- Infection or bleeding
- Biceps bulge (tenotomy)
- Ongoing pain or stiffness in some cases

Why Choose Midlands Orthopaedic Clinic?

At Midlands Orthopaedic Clinic, our experienced shoulder surgeons offer the latest techniques to treat biceps tendon problems, including keyhole procedures. We work closely with physiotherapists to support your recovery and get you back to everyday life as quickly and safely as possible.

Get In Touch

If you're struggling with shoulder pain and think it may be due to your biceps tendon, we're here to help.

Contact Midlands Orthopaedic Clinic today to arrange a consultation with a shoulder specialist.