

Arthroscopic biceps tenodesis using the percutaneous, intra-articular trans-tendon technique : preliminary results

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Various pathological conditions of the biceps tendon can produce disabling anterior shoulder pain. While non-operative treatment is often successful, operative treatment may be required for those patients who do not achieve acceptable pain control or functional recovery. The two operative procedures most commonly used are biceps tenodesis and biceps tenotomy. Arthroscopic tenotomy is typically used in elderly patients who have relatively low physical demands. By contrast, arthroscopic tenodesis is typically used in relatively younger, more physically active patients.

We have devised the percutaneous, intra-articular trans-tendon technique as an arthroscopic tenodesis procedure. We suture the biceps tendon proximally to allow the tendon to scar down in the biceps groove, similar to the theoretical healing mechanism in arthroscopic tenotomy. Unlike previously described arthroscopic biceps tenodesis techniques, the percutaneous intra-articular trans-tendon technique does not require implants such as suture anchors or interference screws.

The percutaneous intra-articular trans-tendon procedure relieved pain, increased or maintained strength and function, and did not cause a cosmetic deformity in patients.

This study describes the preliminary results of the percutaneous intra-articular trans-tendon technique in a small series of patients.