

Cycle 5  
2509 - Understanding Biceps Tendonitis  
SCRIPT

(1)

**DANIEL ACEVEDO, MD:**

A patient who has biceps tendonitis will oftentimes complain of pain right in the front of the shoulder particularly with biceps-type activities, meaning like lifting.

(2)

**RON NAVARRO, MD:**

I love the biceps, biceps is a muscle in the front of the arm, Popeye muscle, and "bi" means two. The long head of the biceps, which is the outer one, it's a cool tendon. That attaches to bone. The bicep's long head is really interesting in that it goes into the shoulder joint through a small groove.

(3)

**DANIEL ACEVEDO, MD:**

Now this is a shoulder model, and this is the ball and the socket. And this is the biceps tendon. Now the biceps is in the front of the arm. But actually the tendon goes inside and attaches inside the shoulder onto an object called the labrum.

(4)

**RON NAVARRO, MD:**

So, that tendon, because it's in that space, it can feel the head ball can push on that tendon and can put a lot of stress on it, it can see stress from a lot of the different ranges of motion that the shoulder has in stretching it. And so it can become inflamed, which is more like a tendonitis. So the intrinsic structure of the tube of the tendon is intact, but there's inherent inflammation in it. Or it can start tearing.

(5)

**DANIEL ACEVEDO, MD:**

In patients who have a lot of overhead activity, or have a rotator cuff tear, particularly of this tendon in the front known as the subscapularis or have an impingement syndrome can have a problem with their biceps. So, usually it doesn't come on its own, usually it comes with other problems.

(6)

**RON NAVARRO, MD:**

The biceps initiates in the shoulder, but it goes down to the biceps itself, up into the upper arm. So yes, you can have pain in the upper arm that really is referencing a pain in the tendon itself into the shoulder joint.

(7)

**DANIEL ACEVEDO, MD:**

Biceps tendonitis is an actual diagnosis, but usually doesn't come in isolation. And it's usually associated with other shoulder problems.

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