

Title: WHAT ABOUT THAT BICEPS TENDON?
TENODESIS OR TENOTOMY? ANSWER FOR FUTURE TREATMENTS.
18 YEARS OF A COHORT ANALYSIS IN DIFFERENT CENTERS

Name: Dr. Hans-Joachim Pössel, PhD
MEDICLINIC Al Noor Hospital, Abu Dhabi, UAE

The long head of the biceps (LHBT) is a well-known "pain generator" in the shoulder. Biceps tendinitis, instability, and rupture encompass the majority of symptomatic lesions. The clinical diagnosis, particularly of biceps tendinitis, can be difficult, given the nonspecific physical examination findings. In recent years, biceps Tenodesis and Tendotomy have become the mainstays of operative treatment. Although there remains debate on the best treatment options for long head of the biceps injuries, own patient groups in a review of current literature provide important principles that can help guide clinical decision making.

Data from Shoulder practices in 4 different countries from January 2000 to March 2018 with respect and in light of current research and knowledge have been collected retrospectively reviewed and analyzed. All patients received underwent non-surgical treatment before. Different Subgroups were built with checked for Rotor Cuff Pathology, with Diabetic History or with active or passive lifestyle. Patient were graded as Inflammatory/degenerative, Instability, or SLAP Lesion / Anomalies. The pre and post-surgery scores and results in the different groups were analyzed, Follow up was set at 1, 6 and 12 and 24 Month postop. Surgical Management was Decompression of Biceps, as well as sub acromial, Debridement, Tendotomy and Tenodesis/ Transfer , Data was integrated from Germany, USA, Egypt and UAE

Data showed no difference in when to perform a biceps Tenodesis, humeral fracture susceptibility is increased with an applied torsional load at time 0. Integrity when a sub pectoral biceps Tenodesis is used (Level of evidence: Level III, Retrospective Cohort Study, Treatment Study)

Biography

Dr.Poessel has completed his PhD in 2011 from Middleham University and postdoctoral studies from Heinrich-Heine-Universät Düsseldorf, School of Medicine. He is Senior Consultant of Orthopaedic Surgery and Sports Medicine in Mediclinic Middle East, a Top Player on World Healthcare. He has published multiple papers in reputed journals and online and has been serving as an editorial board member of an Internet Based Journal.

Presenting author details

Full name: Dr. med. Hans-Joachim Poessel, PhD, IFAAOS
Contact number:+971-50-9092683
Twitter account:
Linked In account: https://www.linkedin.com/in/dr-med-hans-joachim-pössel-phd-🇩🇪-5aab6034/
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