



32nd INTERNATIONAL PAK ORTHOCON 2018



Extending Standard Musculoskeletal Care to Less Privileged Areas

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Management of distal biceps tear

پاکستان اک عشق اک جنوں



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Disclosure

Consultant for Lima
Consultant for Arthrex EMEA
Consultant for Lavander Medical
Consultant For Stryker
Consultant For Orthospace





Management of distal biceps tear

In 1843, Stark was the first to describe distal biceps tendon rupture, and, in 1987, Johnson completed the first successful reattachment.





Management of distal biceps tear

Rantanen and Orava found in a meta-analysis that only 457 cases have been reported from 1897 to 2016 indicating the rarity of these injuries.

They are seen more frequently nowadays because of changes in life style.





Management of distal biceps tear

**Gilcreest and Albi reported that only 3% of tendon ruptures of the biceps brachii involve the distal insertion
1% involve the short head and the vast majority (96%) involve the long head.**





Management of distal biceps tear

The typical patient is a male in the age group 40 to 60 years : the lesion involves the dominant elbow and an association has been reported with smoking





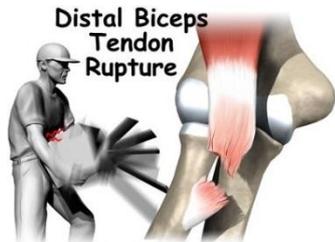
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Management of distal biceps tear

The mechanism of injury is acute excessive eccentric tension forced from a flexed position with a large load being lifted





Management of distal biceps tear

The patient feels immediate sharp pain, with an audible snap in the elbow followed by persistent aching in the cubital fossa



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Management of distal biceps tear

Many studies have reported that this injury may limit the sporting activities as well as the activities of daily living owing to residual weakness of the elbow, loss of endurance strength, and disability





Management of distal biceps tear

The fact that surgical treatment gives better results than conservative treatment is well documented in the literature





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Management of distal biceps tear

It is known that these patients if treated conservatively will show some improvement over time but can suffer from activity related pain and decreased elbow strength and endurance, especially with flexion and supination





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Management of distal biceps tear

Morrey and co-workers showed a 40% loss of supination and 30% loss of flexion strength following nonoperative treatment for distal biceps





Management of distal biceps tear

Endobutton fixation has demonstrated superior pull-out strength in biomechanical testing, compared to suture anchors or bone bridge fixation, excellent clinical results with regard to range of motion and strength





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How I do It



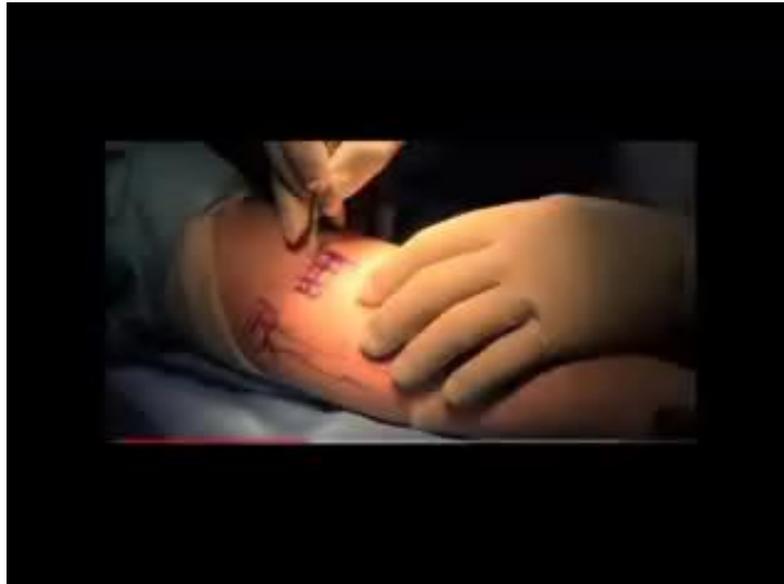


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How I do It



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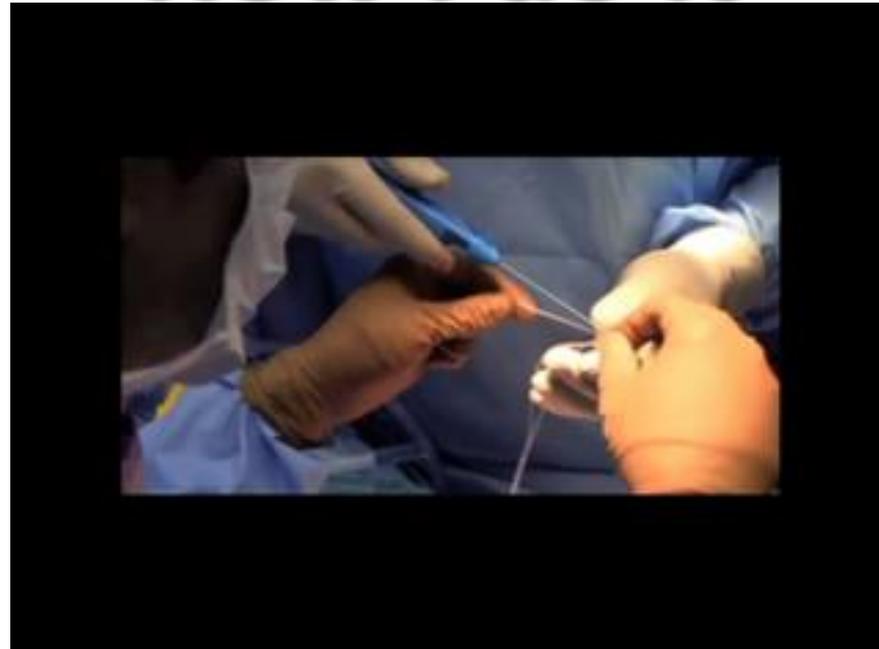


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How I do It





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Rehab

Pop back slab 1/52

Hinge brace 0-90 2/52

AODL and free at 3 weeks

Return to full contact at 12 weeks





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My results

2004 – 2017

Retrospective review

26 patients

Cortical button 1 incision





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My results

Mayo elbow score 94
flexion strength 80% of opposite side
Supination strength 91%
Excellent outcome





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My results

1 complication

myositis ossificans

No restriction in ROM





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My results



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