

Combined endoscopic and open chronic hamstring repair

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Background:

Proximal hamstring avulsions are rare injuries and are most common in middle aged patients. This injury typically occurs with hip flexion and simultaneous knee extension. This can lead to a decrease in strength, increased pain, and functional deficits.

Purpose:

This video overview and case presentation demonstrates a combined endoscopic and open approach to repair of a chronic proximal hamstring avulsion.

Methods:

A case of a 41 year old female with a chronic 3-tendon proximal hamstring avulsion after a biking accident is presented. A combined endoscopic, followed by open approach was taken to fix the tendon.

Results:

The tendon was repaired successfully and the patient has regained her strength and is progressing well with physical therapy.

Conclusion:

Combined endoscopic and open hamstring repair allows for hamstring repair with good visualization. The combined approach allows for easy detection of the torn tendon as well as soft tissue plane dissection.