

## **Distal Biceps Femoris Tendon Repair**

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PendingBackground:

Biceps femoris tendon avulsion is a rare injury with limited reporting in the literature. This injury is most commonly seen in the athletic population, specifically after eccentric contraction of the hamstring in the hyperextended knee. Treatment include symptomatic care, but for high demand patients, primary repair is recommended. Primary repair is a good surgical option for restoration of function with excellent rates of return to pre-injury activity levels.

Purpose:

This video overview and case presentation demonstrates primary biceps femoris tendon reinsertion using suture anchors.

Methods:

The anatomy, pathogenesis, diagnosis, and treatment options for biceps femoris tendon avulsion are reviewed. A case of a 29-year-old presenting with R biceps femoris tendon avulsion. This injury occurred after sporting incident. After a thorough discussion of risks, benefits and prognosis, the patient elected to proceed with primary biceps femoris avulsion repair to improve his functional status.

Results:

The biceps origin was anatomically restored intraoperatively. Post-operatively the repair was maintained both clinically and radiographically and the patient progressed well with therapy.

Conclusion:

Primary repair is a viable surgical option for patients with avulsion of the biceps femoris tendon. The procedure has excellent outcomes with proven return to high-level sports for competitive athletes. Adherence to post-operative rehabilitation is crucial for optimal outcomes.