

## **Fibular Head Resection for Snapping Biceps Femoris Syndrome**

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### **Background:**

Snapping biceps femoris syndrome is an uncommon cause of lateral knee pain, characterized by a painful "cracking" or "snapping" sound during knee flexion. The etiology of snapping biceps femoris syndrome can vary, with the most common cause being anomalous tendon insertion. Other causes include subluxation of an anatomically normal tendon, abnormal fibular head morphology, and direct trauma. The symptoms of snapping biceps femoris syndrome are often not recognized, leading to many patients remaining undiagnosed. For those diagnosed, treatment options include non-operative interventions such as physical therapy, oral anti-inflammatory medications, and activity modification. Surgical options involve partial release of the biceps femoris tendon, partial fibular head resection, and tendon repositioning. Treatment choice depends on the anomalous anatomy and severity of the condition with good outcomes from multiple surgical techniques including fibular head resection.

### **Purpose:**

This video with case presentation demonstrates the diagnostic algorithm and surgical technique for fibular head resection for patients presenting with snapping biceps femoris syndrome.

### **Methods:**

Evaluation, diagnosis, and treatment of snapping biceps femoris syndrome is discussed. This case of a 22-year-old male with snapping biceps treated with fibular head resection.

### **Results:**

This patient had an excellent outcome and progressed through a standardized rehabilitation protocol. The patient remained non-weight bearing for six weeks with restriction of knee flexion past 90 degrees for the first six weeks to protect the repair. At 6 weeks post-operatively, the 22-year-old male presented with minimal pain and was made weight-bearing as tolerated and progressed to full range of motion without restrictions. At one year follow-up, the patient was doing very well with full knee range of motion with no evidence of recurrent biceps snapping.

### **Conclusion:**

Snapping biceps femoris syndrome is an uncommon cause of lateral knee pain. Inclusion of snapping biceps in the differential diagnosis for patients presenting with cracking or snapping sounds with lateral knee pain is important. Recognition can then allow prompt treatment with several surgical techniques that have proven to be successful.