

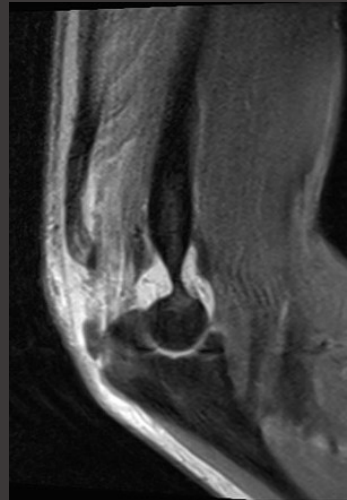
"Doc, I'm a Serious Weightlifter & Now My Elbow Hurts" - Bicep/Tricep Injury

Derek Cuff M.D.

Suncoast Orthopaedic Surgery and Sports Medicine

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Disclosures

- DJO Surgical- consultant
- Ignite Orthopaedics- consultant, royalties, ownership share
- Depuy-Synthes- royalties

Goals

- 1. Discuss a distal biceps tear case
 - Technical considerations
 - Pitfalls to avoid

- 2. Discuss a distal triceps tear case
 - Technical considerations
 - Pitfalls to avoid



Background

- **Distal biceps tear**
 - **Bimodal distribution-** Weightlifters in 20's; males 40-60's (Kelly et al AJSM 2015)
 - **Risk of non-operative treatment=**loss of supination and flexion strength
 - **Results of surgery-** 96% flexion, 91% supination strength (Huynh et al JBJS)



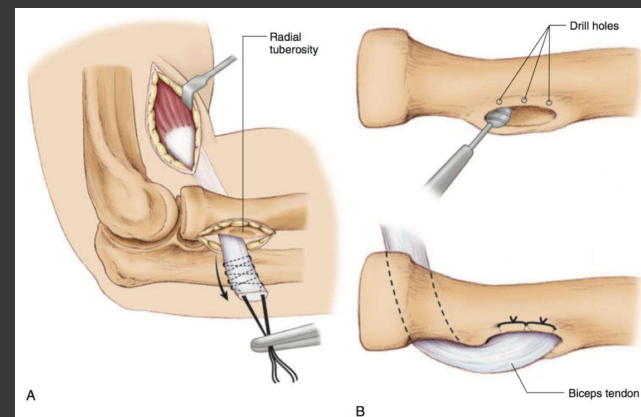
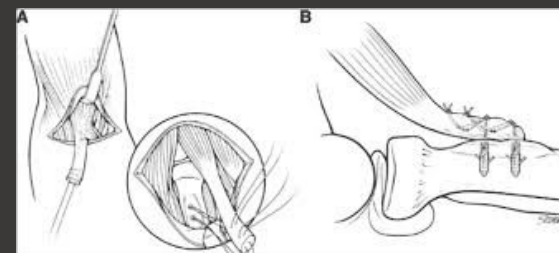
Background

- Controversies

- Single incision vs dual incision- nerve concerns, HO concerns, any difference in outcomes?

- Timing of surgery- primary repair vs need for graft

- Post op management- How do you rehab/return to play



Case 1

- 28 year old male, dominant arm
- CC: Elbow pain and weakness
- HPI:
 - Traveling abroad
 - 7 weeks ago rock climbing injury
 - Felt a pop
 - Pain and weakness



Case 1

- **PMH/SH:**
 - No medical issues
 - Works in finance
 - Lifts weights in gym 4 days a week

- **PE:**
 - Swelling and cosmetic deformity
 - Weakness to resisted supination
 - Cannot hook distal biceps



Case 1



Case 1

- Summary
 - 28 year old
 - Dominant arm
 - 7 weeks out from distal biceps
 - Active male, non-laborer



Case 1

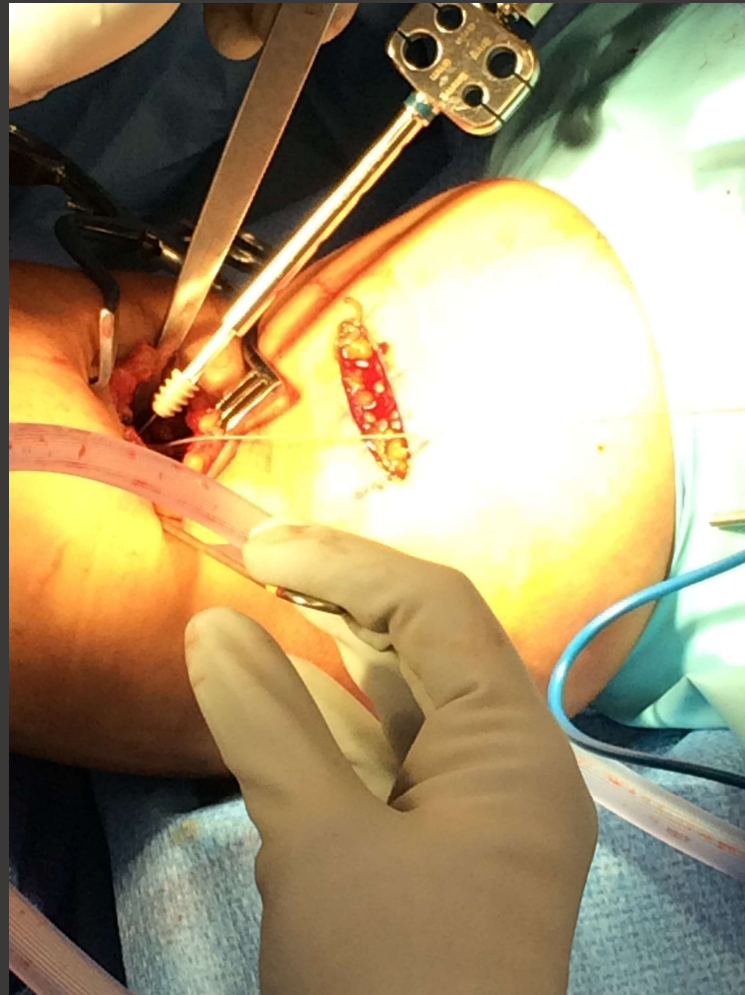
- 1. Anyone for non-op treatment?
- 2. What does your surgical consent say?
- 3. Surgical approach- Single or dual incision?
- 4. Fixation you would use?
- 5. Post-op management?



Case 1

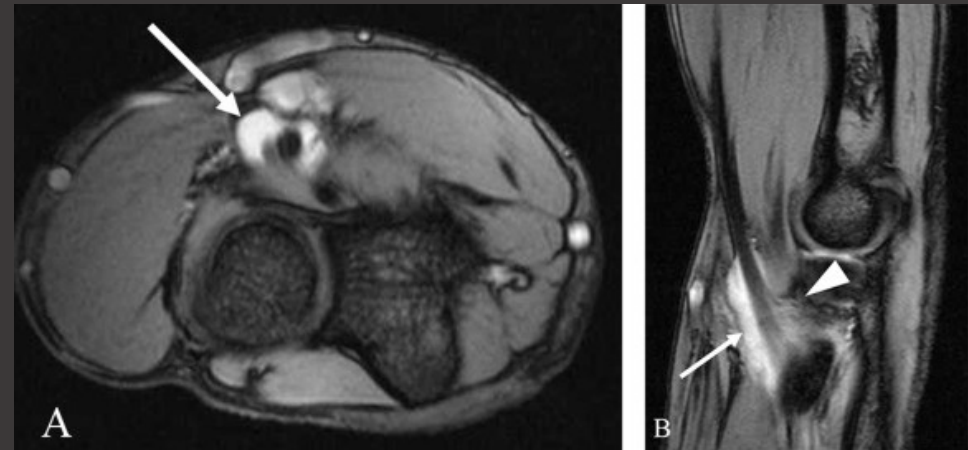


Case 1



What about a partial tear?

- 50 year old male status post lifting event
- MRI with 50% partial thickness tear
 - Pain for 5 months
 - Active laborer
 - Dominant arm



What about a partial tear?

- Any non-operative voodoo?
- What are your indications for takedown and repair?



Background

- Triceps tear
 - Less common- anabolic steroids, renal disease
 - Similar bimodal distribution (young males, then 40-60)
 - Main controversies- Repair technique and rehab



Case 2

- 55 year old, dominant arm
- CC: “Felt something tear”
- HPI:
 - 2 weeks ago overhead tricep extension
 - Felt a pop
 - Pain and weakness



Case 2

- **PMH/SH:**
 - HTN
 - On testosterone
 - Works in real estate
 - Gym 5 days a week
- **PE:**
 - Swollen and ecchymosis
 - Palpable defect near olecranon
 - Weakness in elbow extension



Case 2



Case 2

- Summary
 - 55 year old
 - Dominant arm
 - 2 weeks out triceps tear
 - Active male



Case 2

- Anyone for non-op treatment?
- Surgical technique?
- Post-operative management?



Thank You

