Isolated rupture of the biceps femoris tendon in the popliteal fossa – treatment and outcome –
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Objective
The isolated rupture of the biceps femoris tendon is not a common injury. In literature there are yet 9 cases described.
Our subject was to compare the treatment and the outcome of our case to those which where mentioned in literature before.

Case Report
A 62 year old man represented himself with pain in the left popliteal fossa. One week before he had an accident while he fell from a crane and got stuck on a ladder with his left leg. For further clarification the patient underwent magnet resonance imaging. An isolated rupture closed to the insertion of the biceps femoris tendon accompanied by a lateral edema could be detected. We thus performed surgery inserting two suture bio-anchors into the fibula head and afterwards placing stitches in the tendon of the biceps femoris.

Results
For aftercare the patient was supposed to immobilize his left knee in a knee brace with limited flection to 30° under partial weight bearing. After 3 weeks check up the patient was free of complaints. We decided to change the limitation of movement in the knee brace to 120/15/0° (flection/extension). Furthermore the patient was allowed to increase the weight bearing according to his complaints. Examining the patient after 6 weeks without any Physical discomfort we recommended physiotherapy and removing of the knee brace. After 3 months full range of motion had been restored and the patient was highly satisfied.

Conclusion
Surgical treatment is the method of choice in active and athletic patients in order to improve the clinical outcome of the patients with isolated rupture of the biceps femoris tendon.

Reference