

COMPLETE DISTAL BICEP RUPTURE IN A FEMALE: A CASE REPORT

BACKGROUND AND PURPOSE: Complete distal bicep ruptures are considered relatively uncommon injuries and are classically considered to account for 3% of all bicep ruptures, although some feel that percentage may be low and is rising due to increasing athletic activity in the aging population. Complete distal bicep rupture in a female was unreported in the literature until 2002. This report describes a case of a female with complete distal bicep rupture and subsequent surgical repair and rehabilitation.

SUBJECT: Patient was a 45 year old female who is generally quite athletic and healthy and was injured at work with the typical method of heavy eccentric overload on a flexed elbow.

METHODS: Patient underwent a standard two incision surgical repair and was rehabilitated after a review of current literature. There is very little consensus on timing within the literature and we progressed fairly rapidly in comparison to what published guidelines exist.

RESULTS: The patient was discharged with full range of motion for elbow flexion, extension, and forearm pronation/supination with excellent strength and was able to return to all routine ADL's and athletic activities that she had previously engaged in and her job, which is physically demanding.

CONCLUSION AND DISCUSSION: The outcome of this case study suggests that females with complete distal bicep rupture can have good to excellent outcomes as males generally have after this injury.