Posterior dislocation of the long head of the biceps tendon without fracture: a case report
and review of the literature.

Background

Posterior dislocation of the long head of the biceps tendon is unusual. Only a handful of cases have been reported in the literature, and previous cases have been associated with frank dislocation or fracture.

Case Report

We report a case of posterior dislocation of the long head of the biceps tendon without fracture or dislocation of the humeral head on presentation, which is the first reported case to our knowledge. The patient had concomitant massive rotator cuff tear found on MRI. The patient was treated with arthroscopic rotator cuff repair, arthroscopic biceps tendon release and mini-open biceps tendon tenodesis. This represents the first arthroscopic surgical management of posterior biceps tendon dislocation.

Conclusions

This case report highlights the importance of recognizing and understanding preoperative imaging in shoulder injury and surgery. We present this case as an alternative to formal open arthrotomy for management of posterior biceps dislocation. Knowledge of this unusual pathology, and its surgical management, will benefit patient and clinician alike.