

MICOD – 30/08/2024

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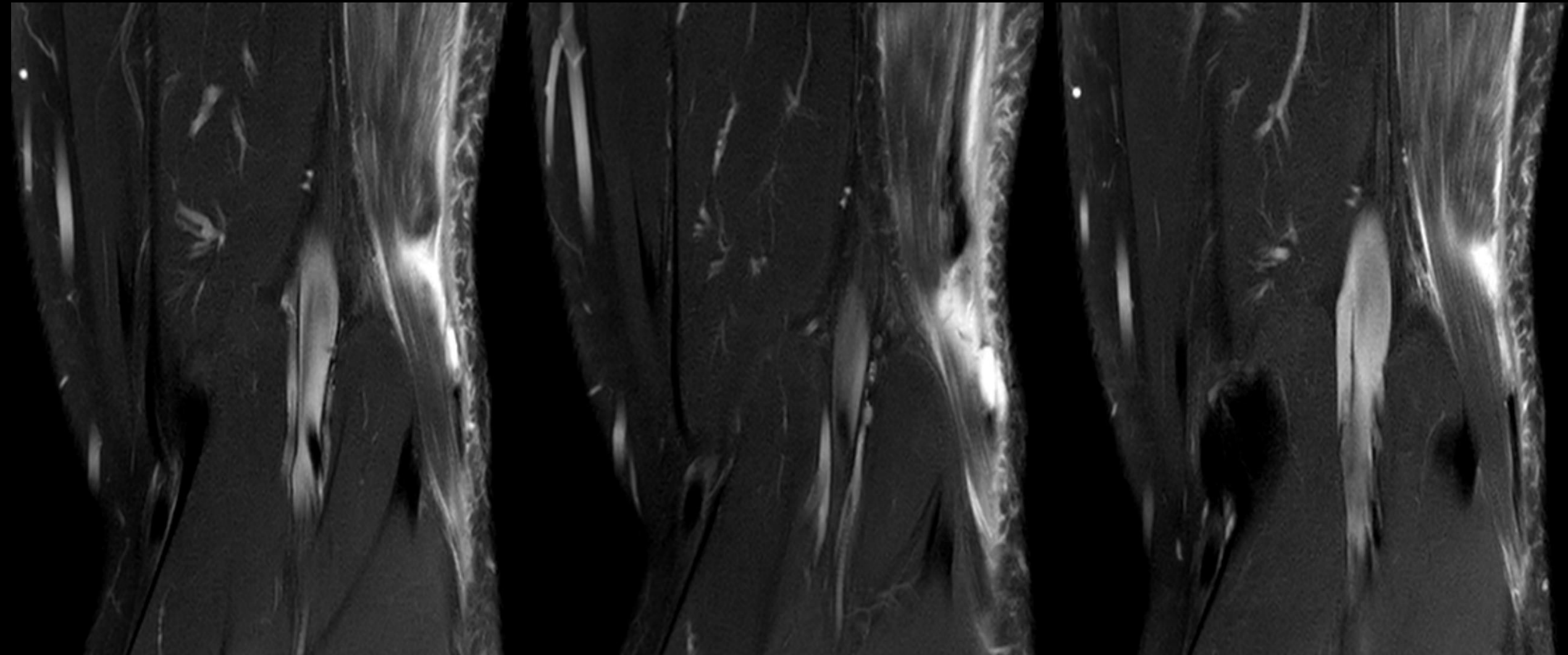
# MI-COD

MSS INDIA- Case Of the Day



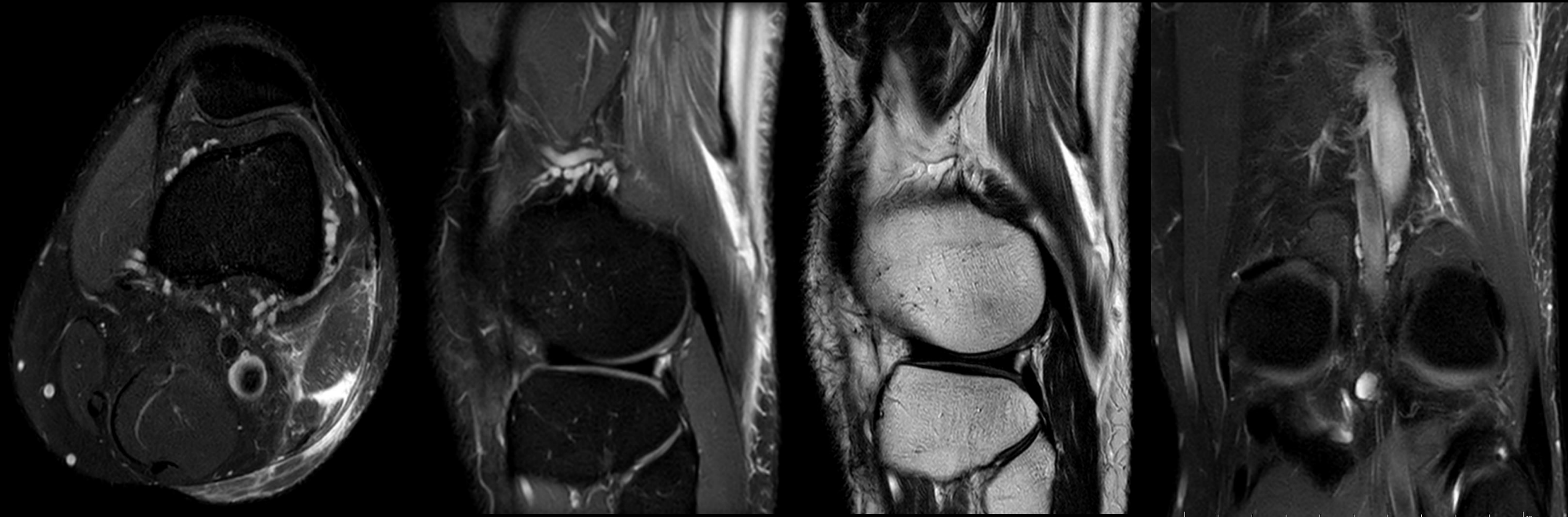
*33-year-old gentleman with alleged history of sports injury*

*Sequential images*



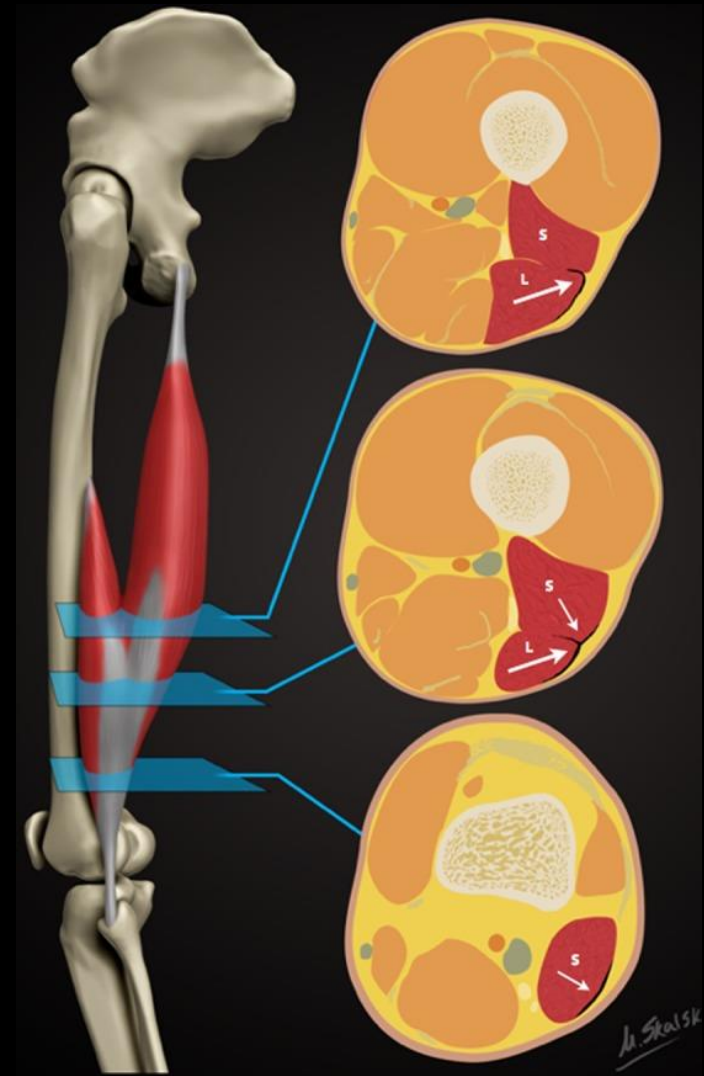
*33-year-old gentleman with alleged history of sports injury*

*Full thickness Biceps femoris tendon tear near its myotendinous junction with muscle strain  
Intact fibular tendon stump*





## Distal myotendinous T junction injury



The biceps femoris is usually injured in conjunction with other posterolateral corner structures and Isolated distal biceps femoris injuries are rare

### *Possible mechanisms of isolated distal biceps femoris tear?\**

- Forces lacking a varus component with resultant eccentric contraction of the biceps muscle during hyperextension
- Most common mechanism of injury is extension and hyperextension (Kusma et al)
- Patient's kicking, resisted flexion, running or kicking backward

*\*Azzopardi C, Beale D, James SL, Botchu R. Isolated Complete Distal Biceps Femoris Tendon Tears: Case Series & Literature Review. Indian J Radiol Imaging. 2022 Jan*

*Entwisle T, Ling Y, Splatt A, Brukner P, Connell D. Distal Musculotendinous T Junction Injuries of the Biceps Femoris: An MRI Case Review. Orthop J Sports Med. 2017 Jul*