

### Background

Corticosteroid infiltration in distal biceps tendinopathy effective as therapy in chronic / partial tears?

#### Current questions about corticosteroid injections:

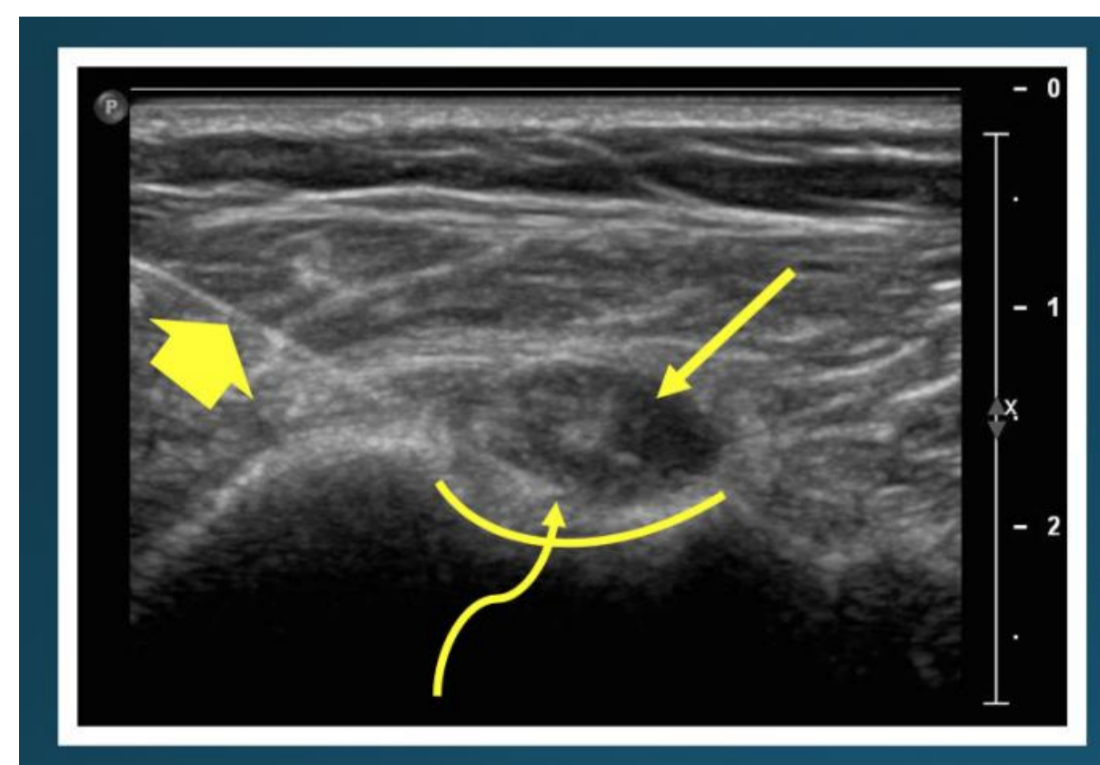
1. Higher rerupture rate biceps ruptures following repair
2. A partial tear will likely tear to a complete tear and needs surgery

### Aim

Is Infiltration therapy effective as conservative treatment for distal biceps pathology?

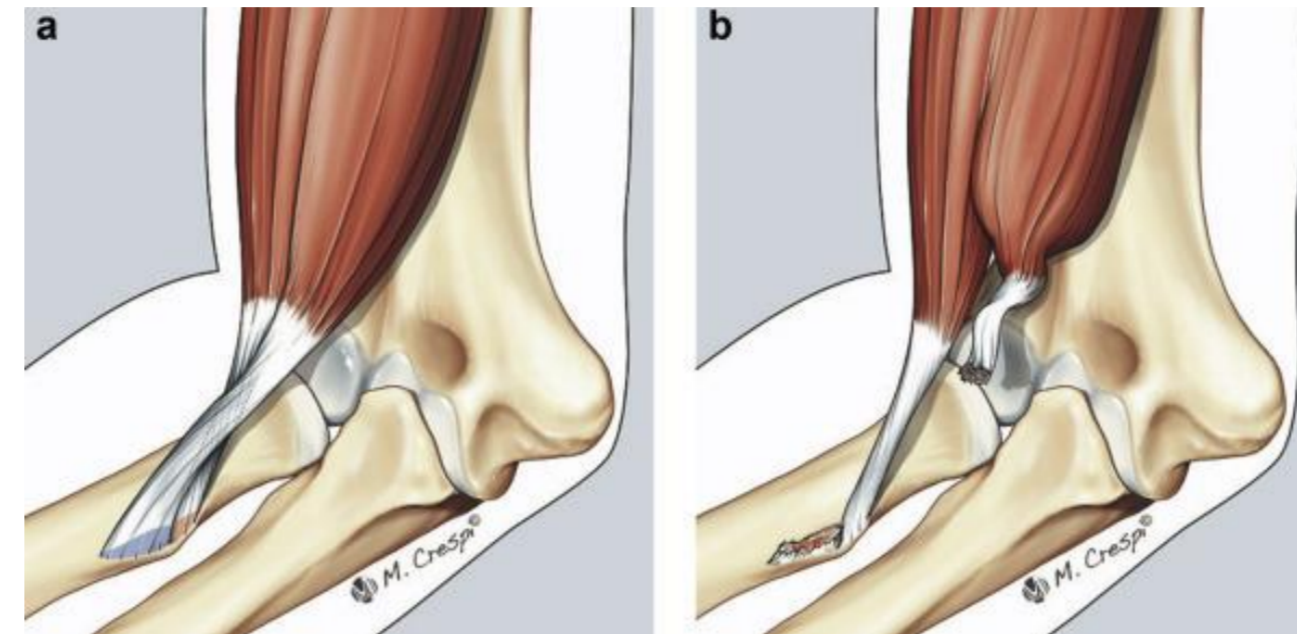
### Methods

Figure 1. Ultrasounds guided infiltration in the bursa of the biceps tendon [ratio 4;1, kenacort and lidocaine]



**Inclusion criteria:** Distal biceps pathology, infiltration therapy, follow-up of at least one visit.

**Exclusion criteria:** no follow-up, no documentation of distal biceps infiltration therapy



### Results

- 60 patients included in this retrospective study:
  - 44 patients received 1 infiltration
  - 16 patients received 2 infiltrations.
- Median follow-up of 11 weeks (1-88 weeks)
- 84% positive effect after infiltration – a median 5 weeks (range 1 – 36 weeks)
- 52% needed surgical repair
- Infiltration successful in 100% of the patients in case of tendinopathy, compared to a tear (29.5%) ( $p < 0.01$ )
- Complication rate similar to other studies (heterotopic ossifications, transient labc, rerupture)

### Demographics

Patients, n	60
Distal biceps tear, n (% total)	44 (73%)
Total surgical repair, n (% total)	31 (52%)
Acute moment injury (% total)	29 (48%)
Complication (% total)	12 (20%)
Rerupture after surgery	2 (3%)
Positive effect infiltration, median weeks	5 (range 1 – 36)
Follow-up after infiltration, median weeks	11 (range 1 – 88)

### Conclusions

- Infiltration therapy is effective in distal biceps tendinopathy (no sign of tear)
- In (partial) tears, 71.5% needed surgery following infiltration therapy
- Median effect of infiltration therapy is 5 weeks (range 1 – 36 weeks)

### Clinical implication

- High failure rate infiltration therapy: 52%
- Future research: factors for failure conservative treatment (partial distal biceps ruptures)



### References

(1) Bauer TM, Wong JC, Lazarus MD. Is nonoperative management of partial distal biceps tears really successful? J Shoulder Elbow Surg. 2018 Apr;27(4):720-725. doi: 10.1016/j.jse.2017.12.010. Epub 2018 Feb 1. PMID: 29396100.

(2) Behun MA, Geeslin AG, O'Hagan EC, King JC. Partial Tears of the Distal Biceps Brachii Tendon: A Systematic Review of Surgical Outcomes. J Hand Surg Am. 2016;41(7):e175-89.