

Documents

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The "pop-eye sign" - a classical but rare case

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Abstract

Isolated biceps tendon rupture is rarely reported at primary care level. A 78-year-old man presented with deformity over his right mid arm for one week, following a low impact trauma over his right shoulder six weeks prior. Physical examination revealed the classical sign of rupture of the long head of biceps tendon (LHBT) which showed bulging of his right biceps muscle, resembling the famous cartoon character, "Popeye The Sailor". Diagnosis of rupture of LHBT was made in the primary care clinic without the need of imaging modality based on the identification of the "Popeye Sign". Diagnosis and condition have been explained well to patient and caretaker without the need for inappropriate investigation and procedures. Conservative treatment approach was opted. His condition was stable without new active complaints on subsequent follow up. This case proved that stable ruptures of LHBT are still possible to be managed at primary care level. © 2021 UPM Press. All rights reserved.

Author Keywords

long head biceps tendon (LHBT); Popeye sign

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