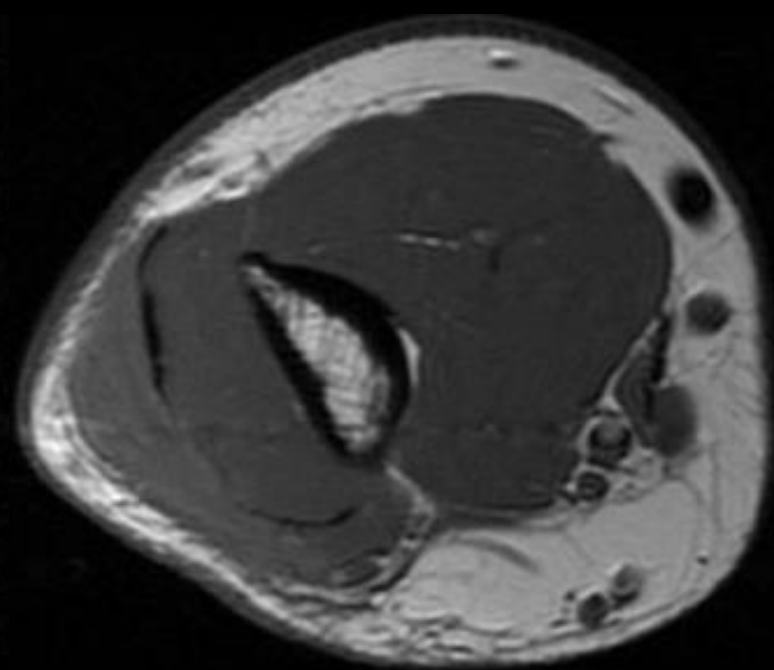
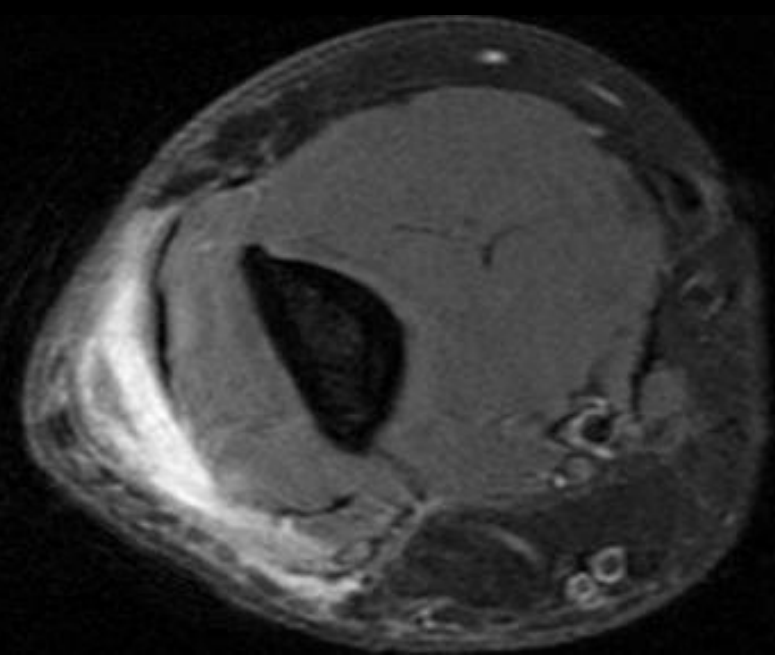


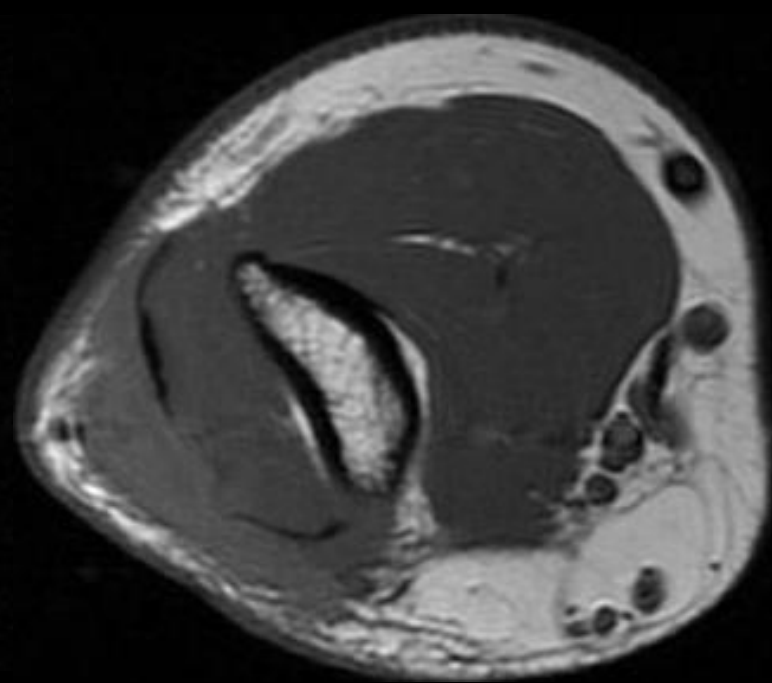
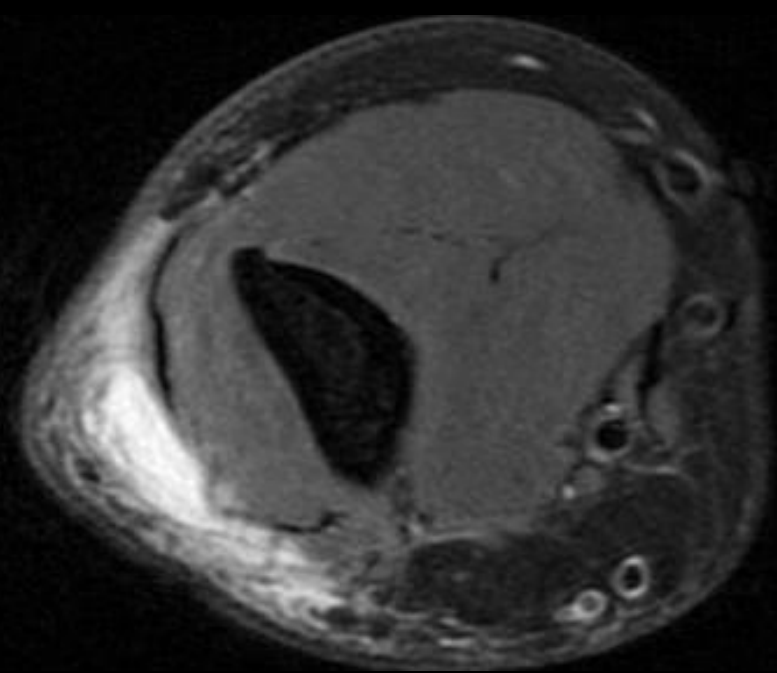


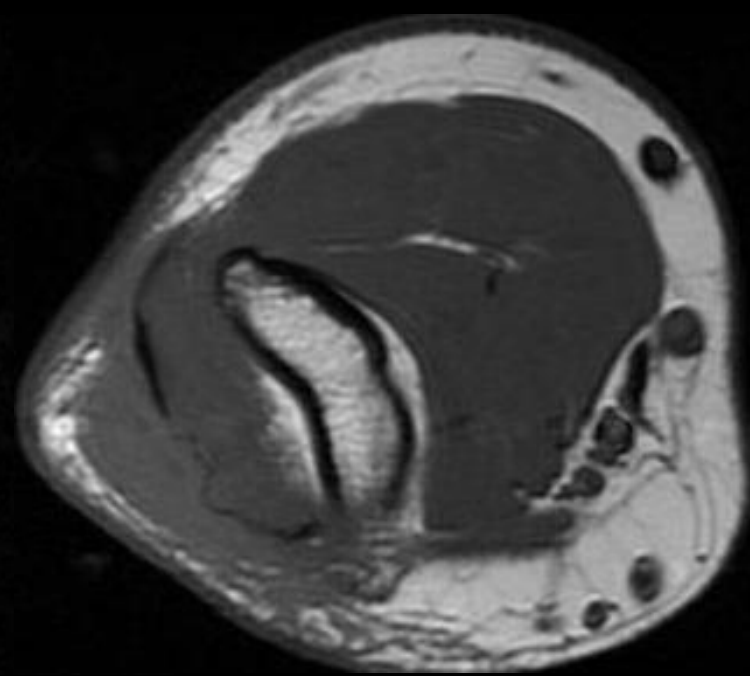
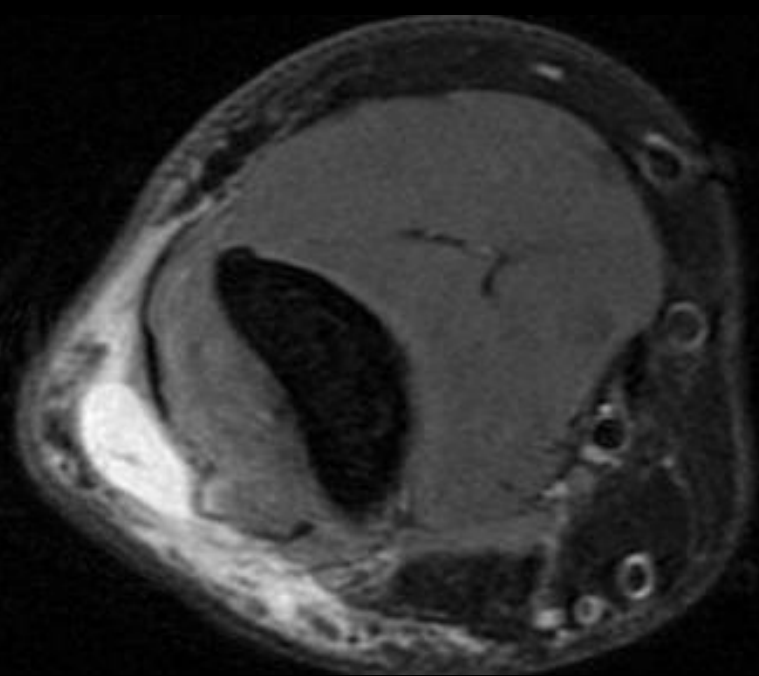
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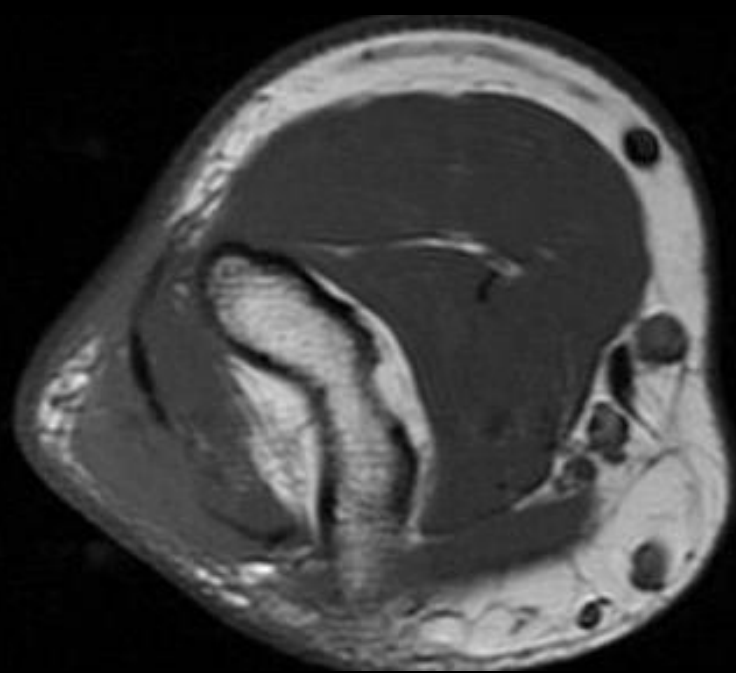
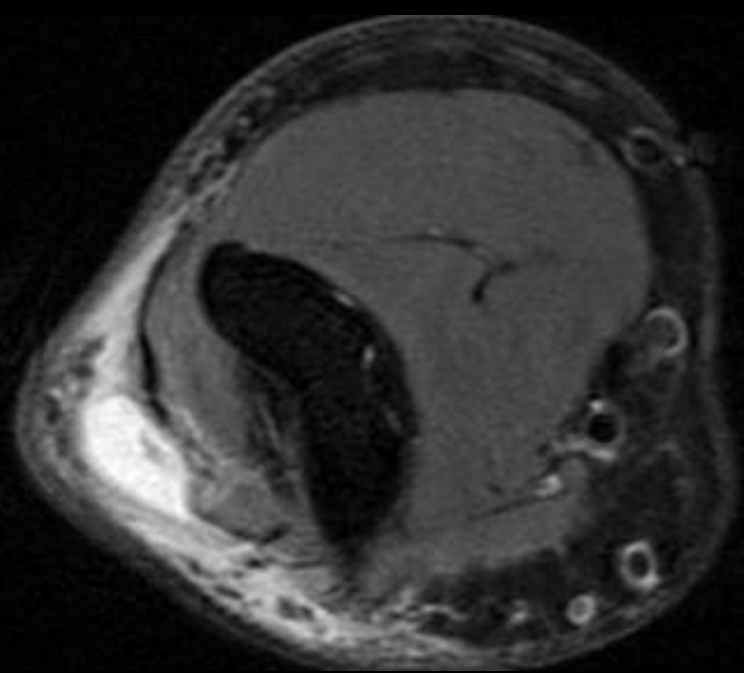
Yatin Chadha
September 11, 2015

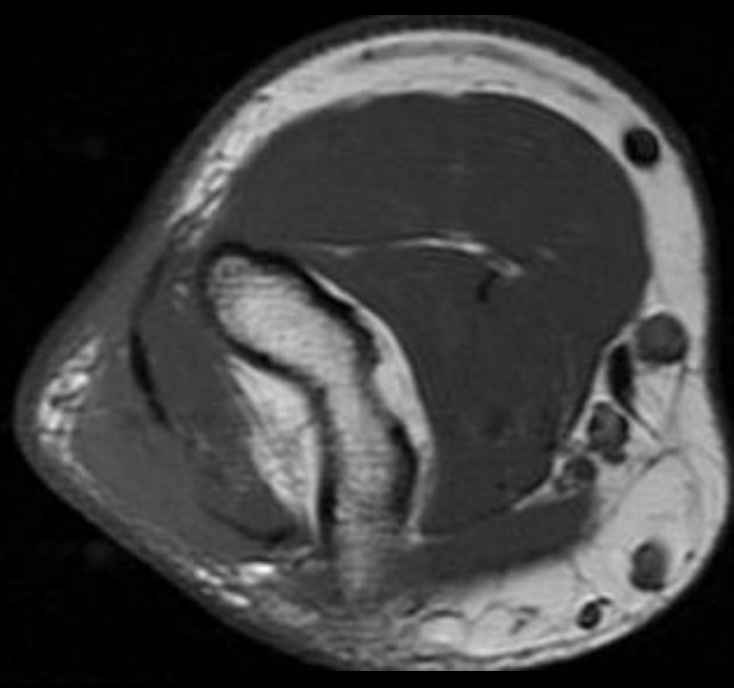
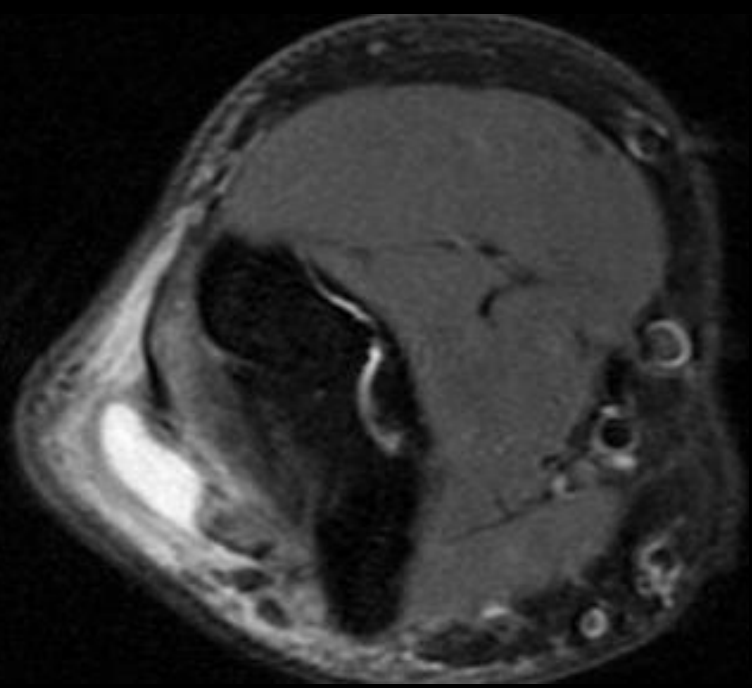
History: 58 year old male with 3 weeks of elbow
and arm pain

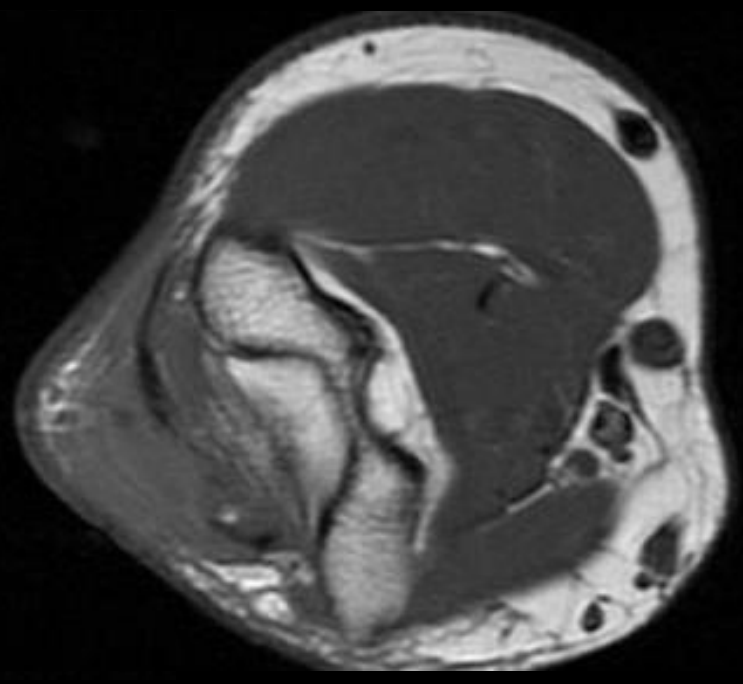
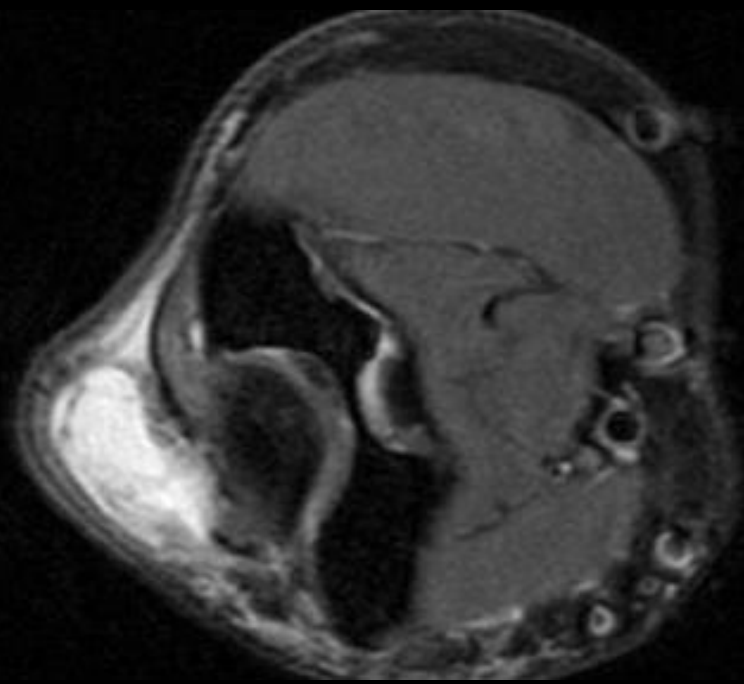


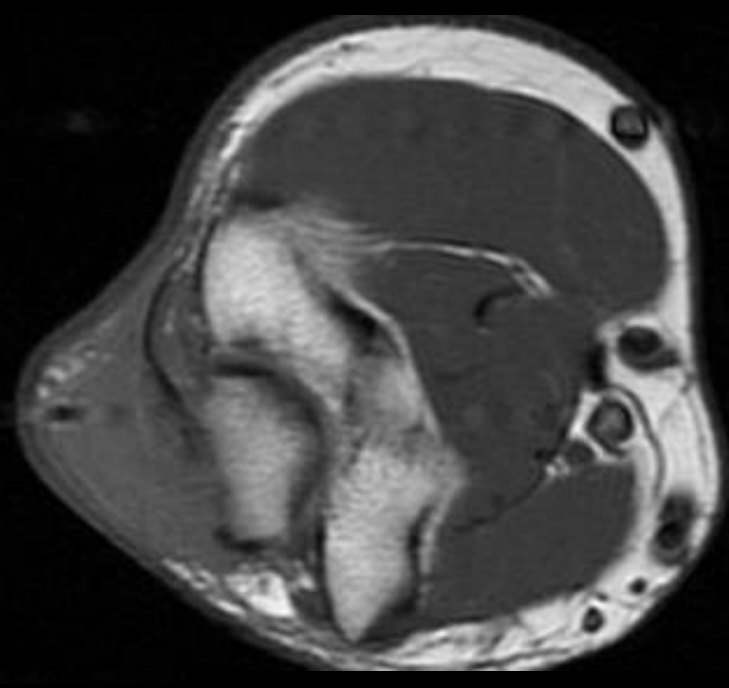
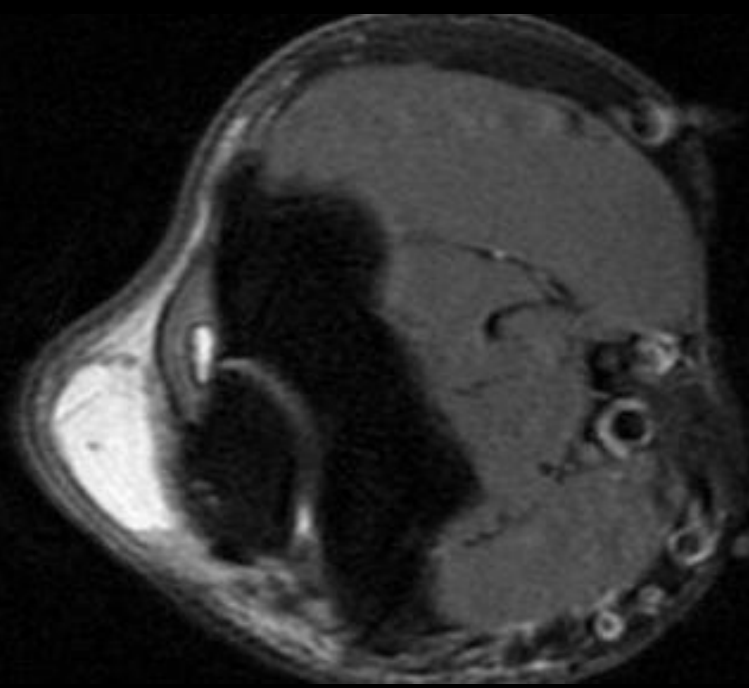


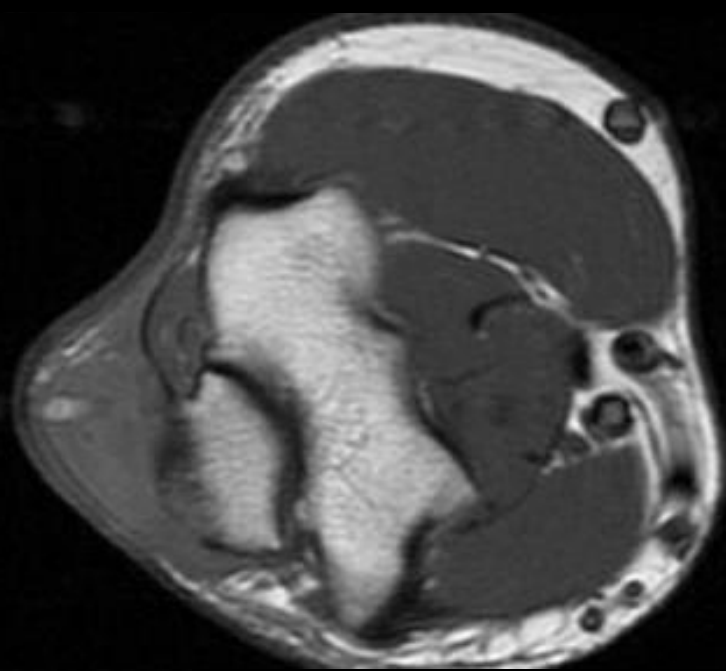
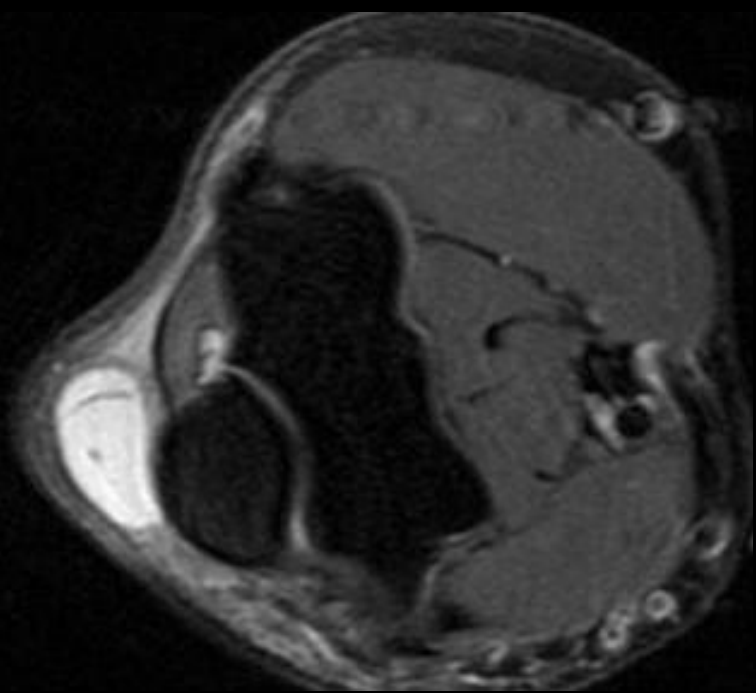


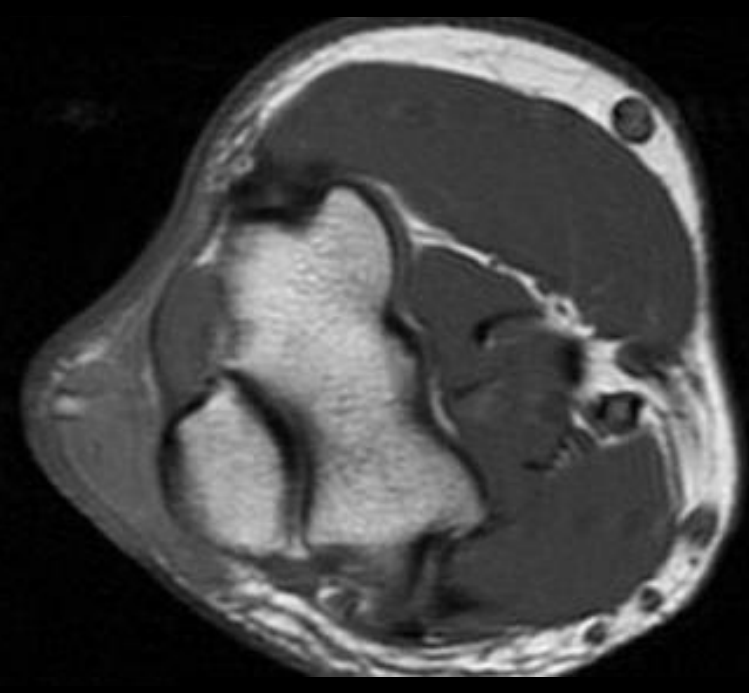
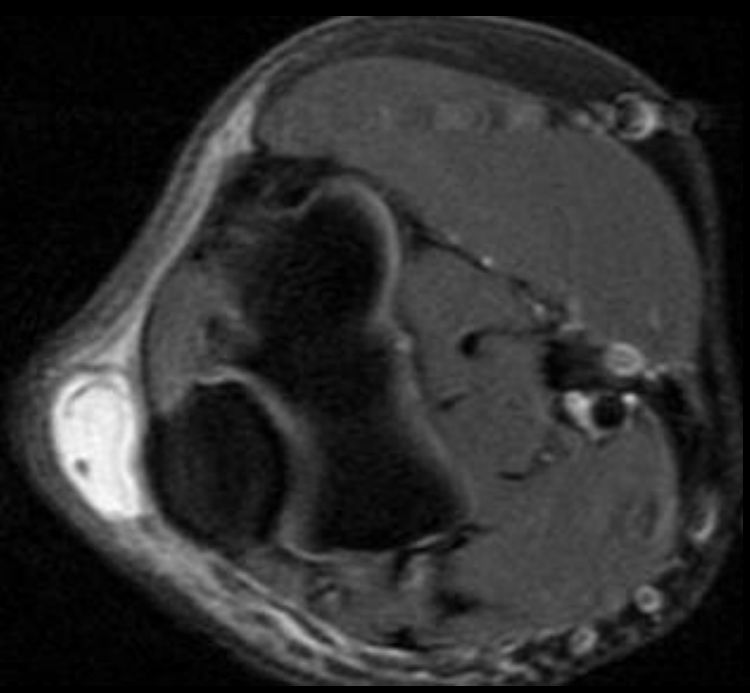


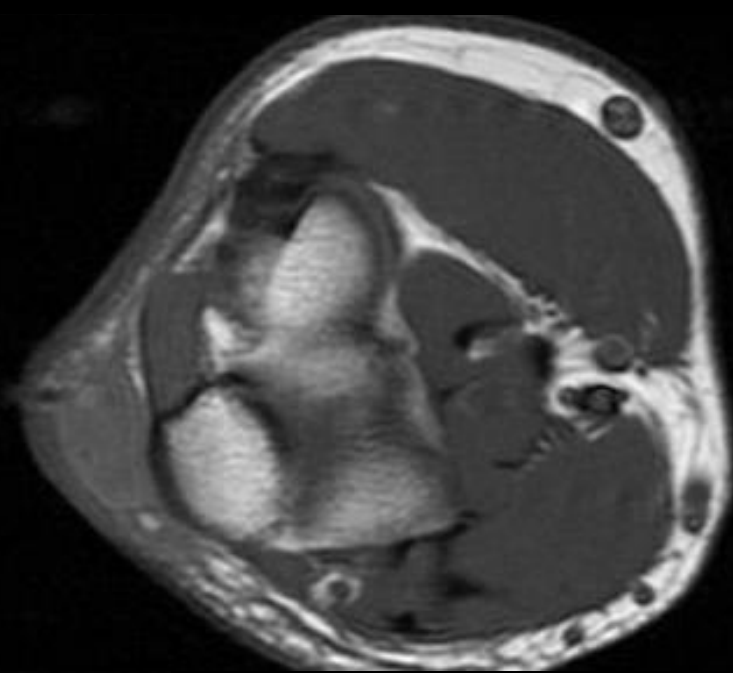
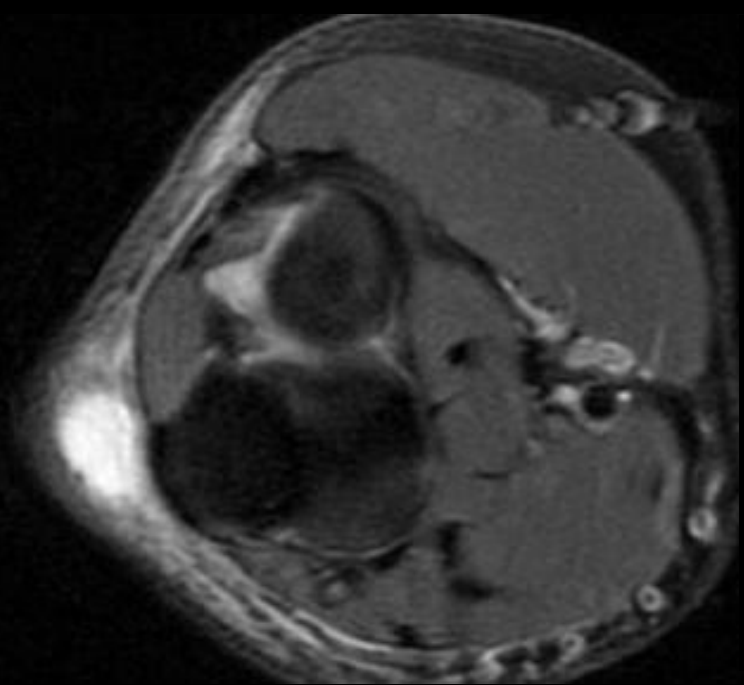


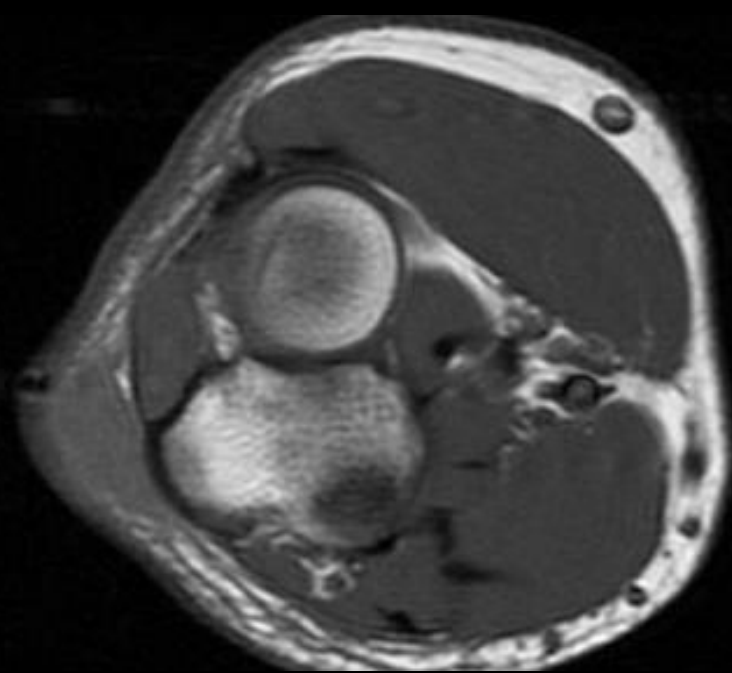
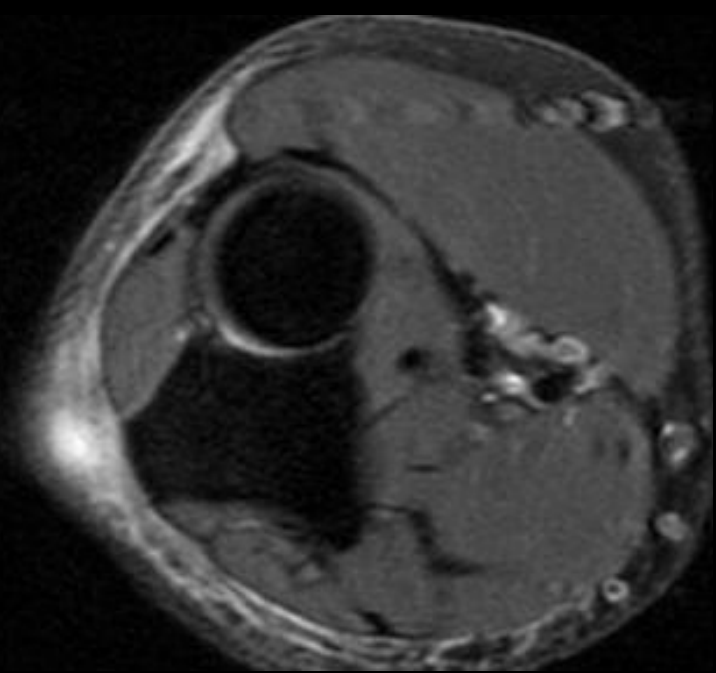


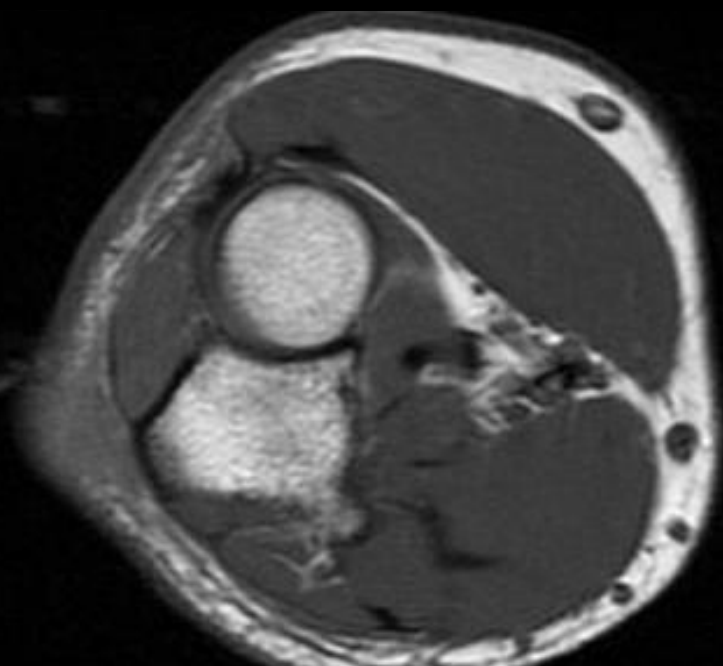
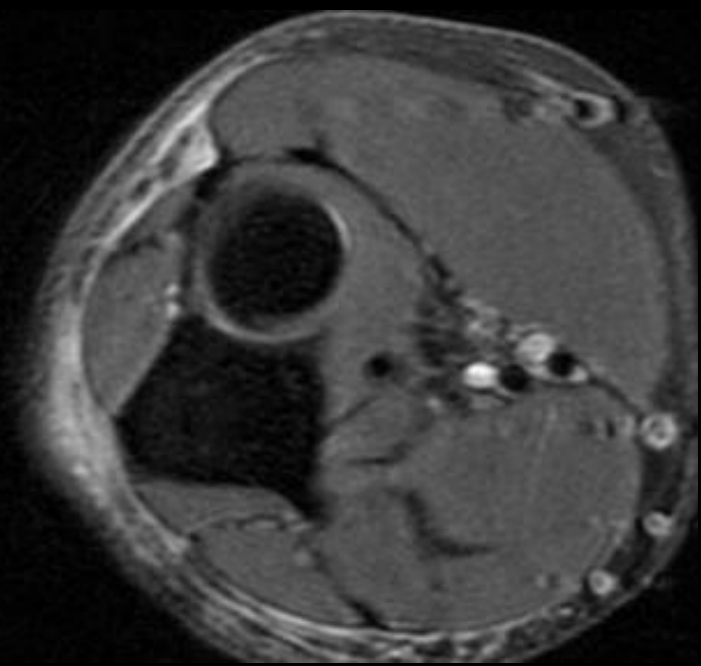


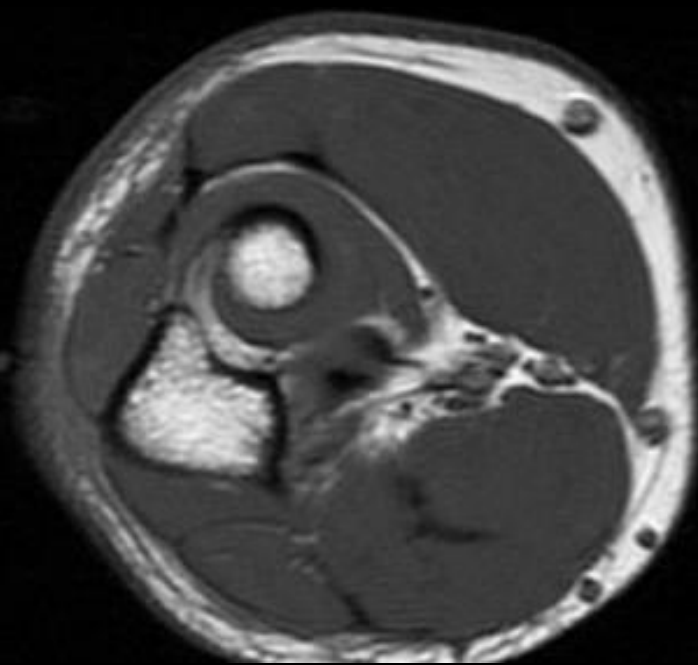
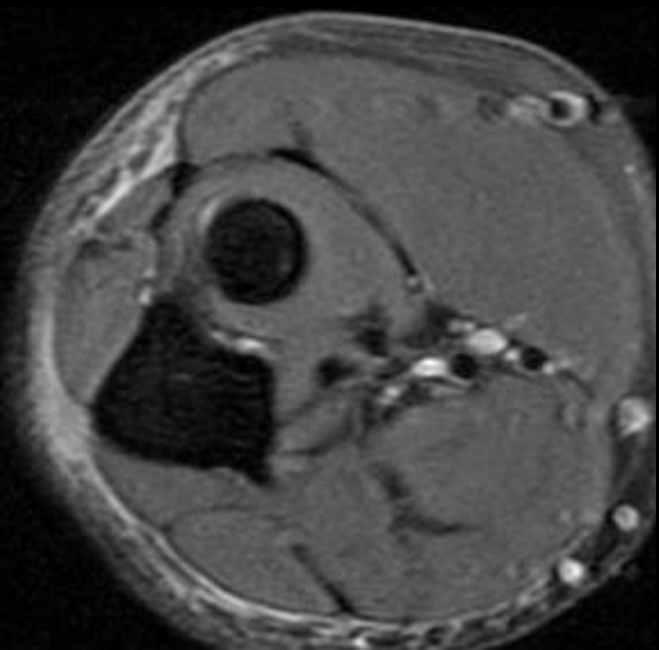




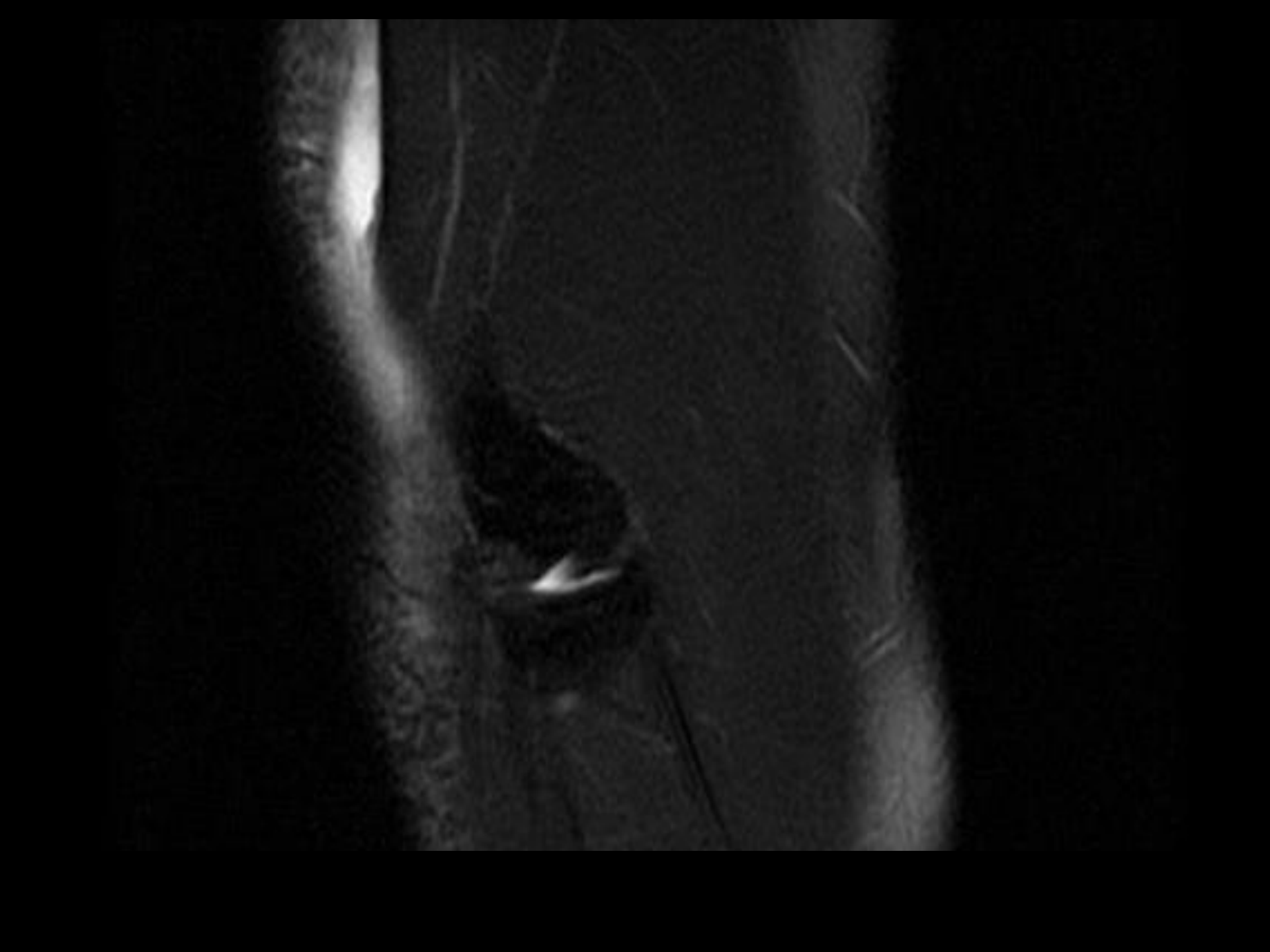


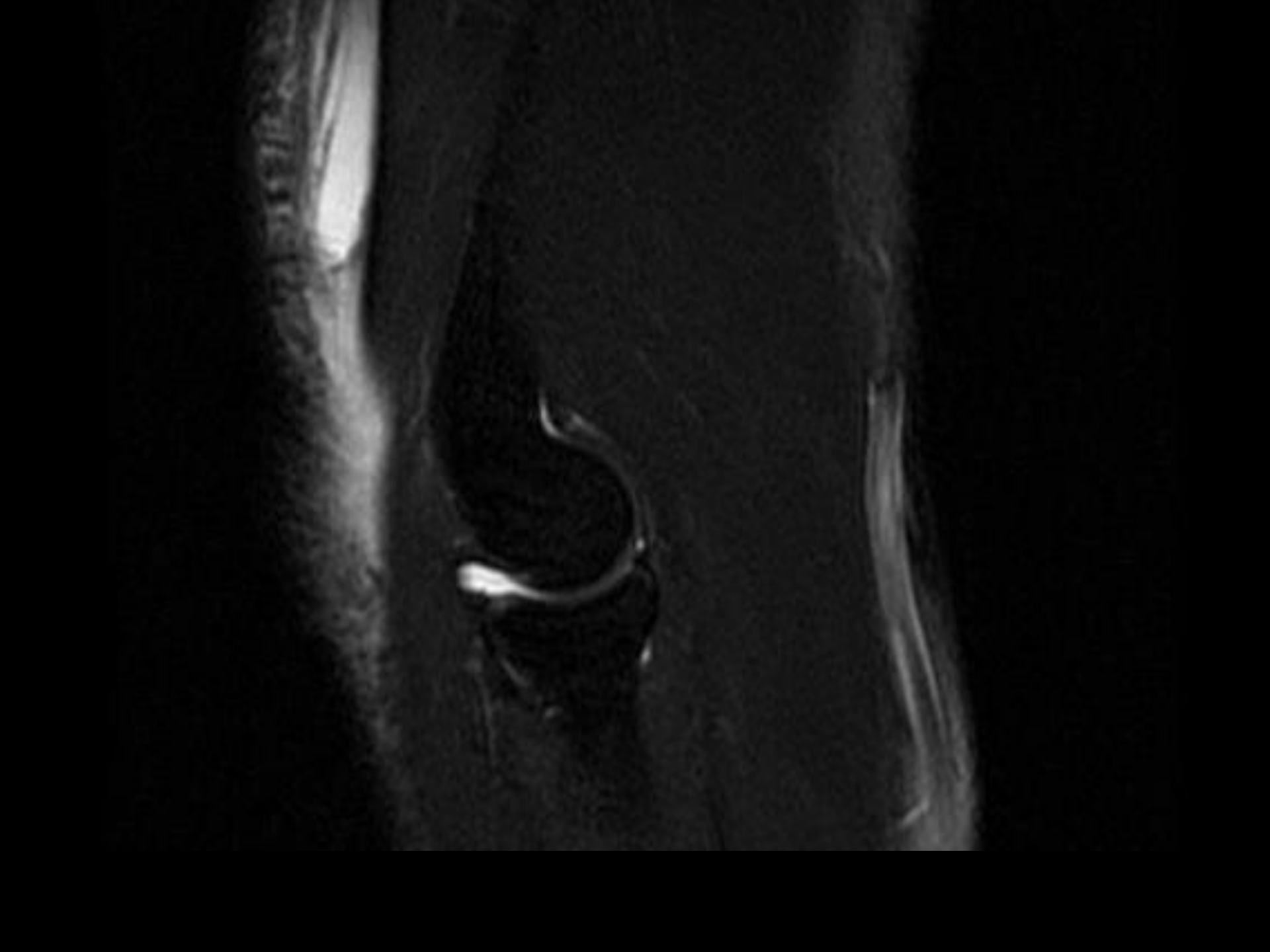


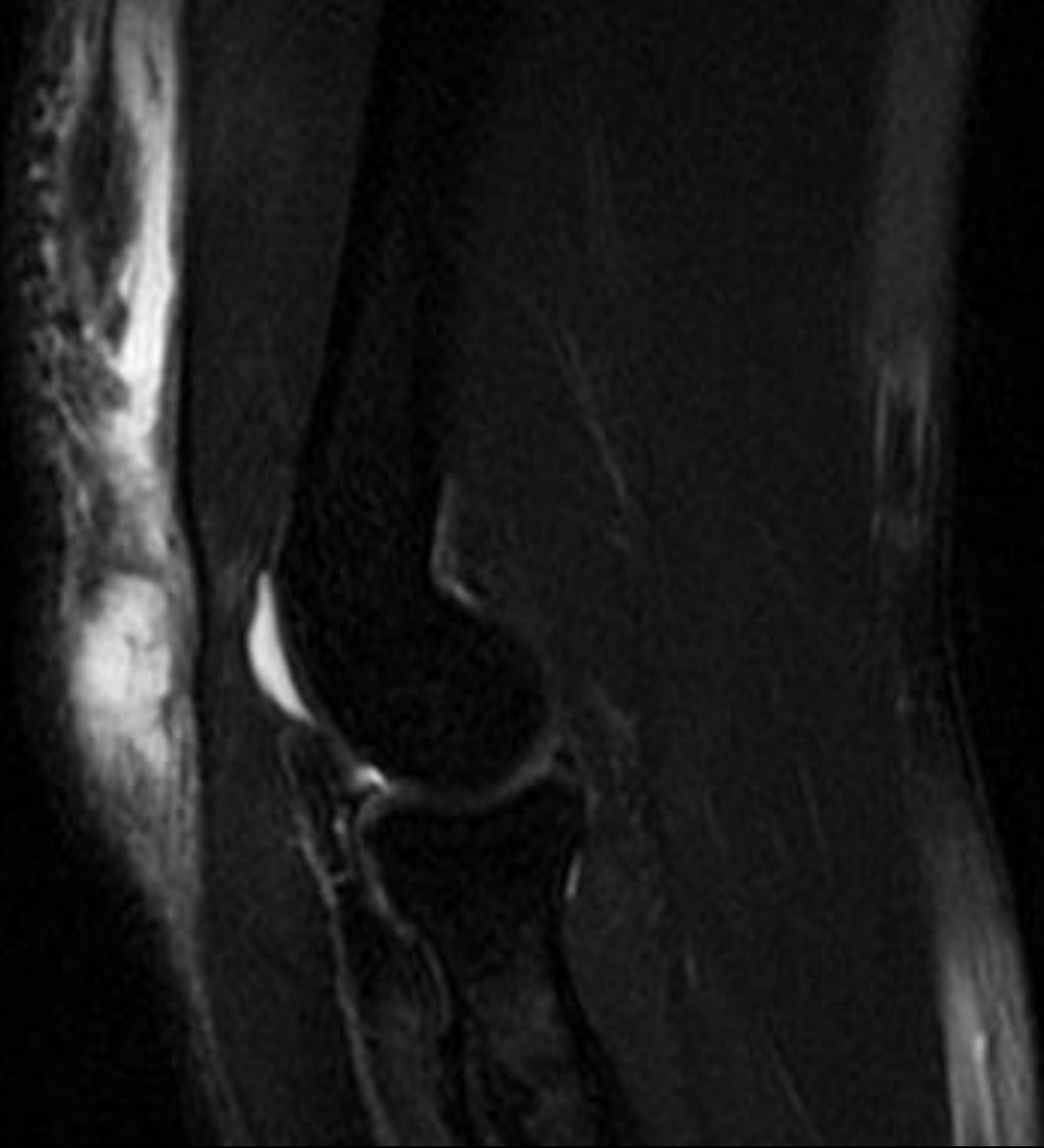


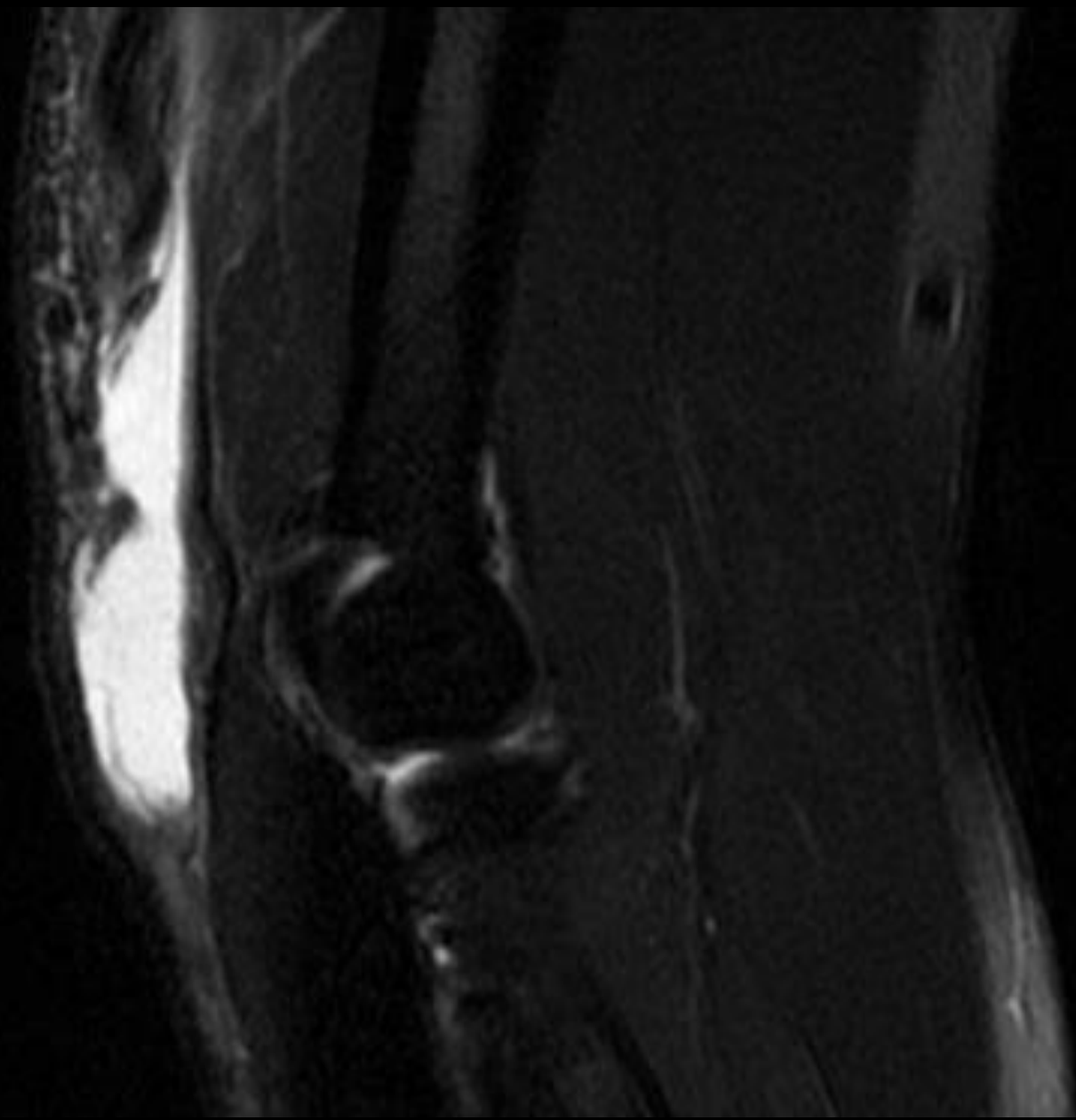


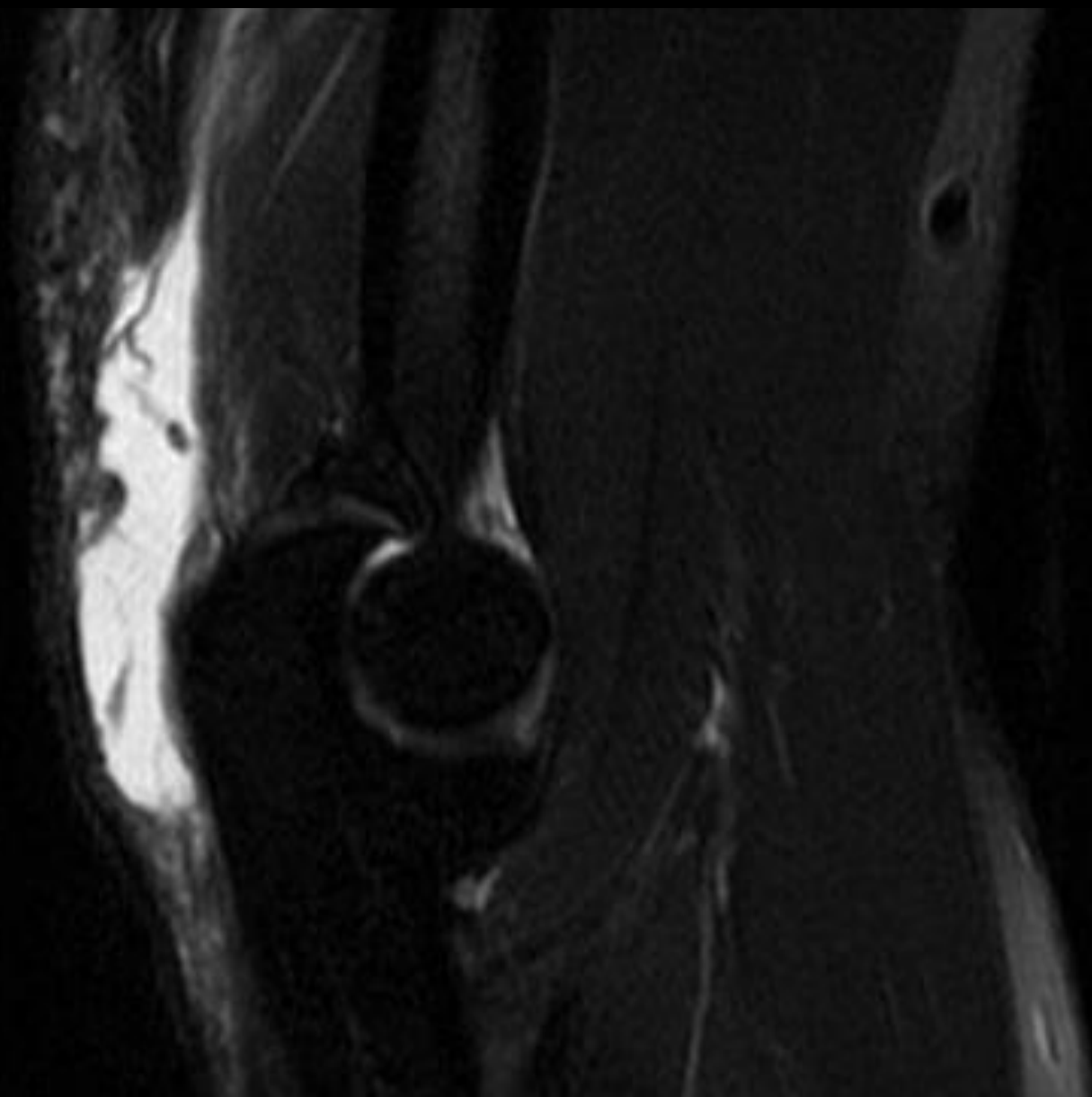


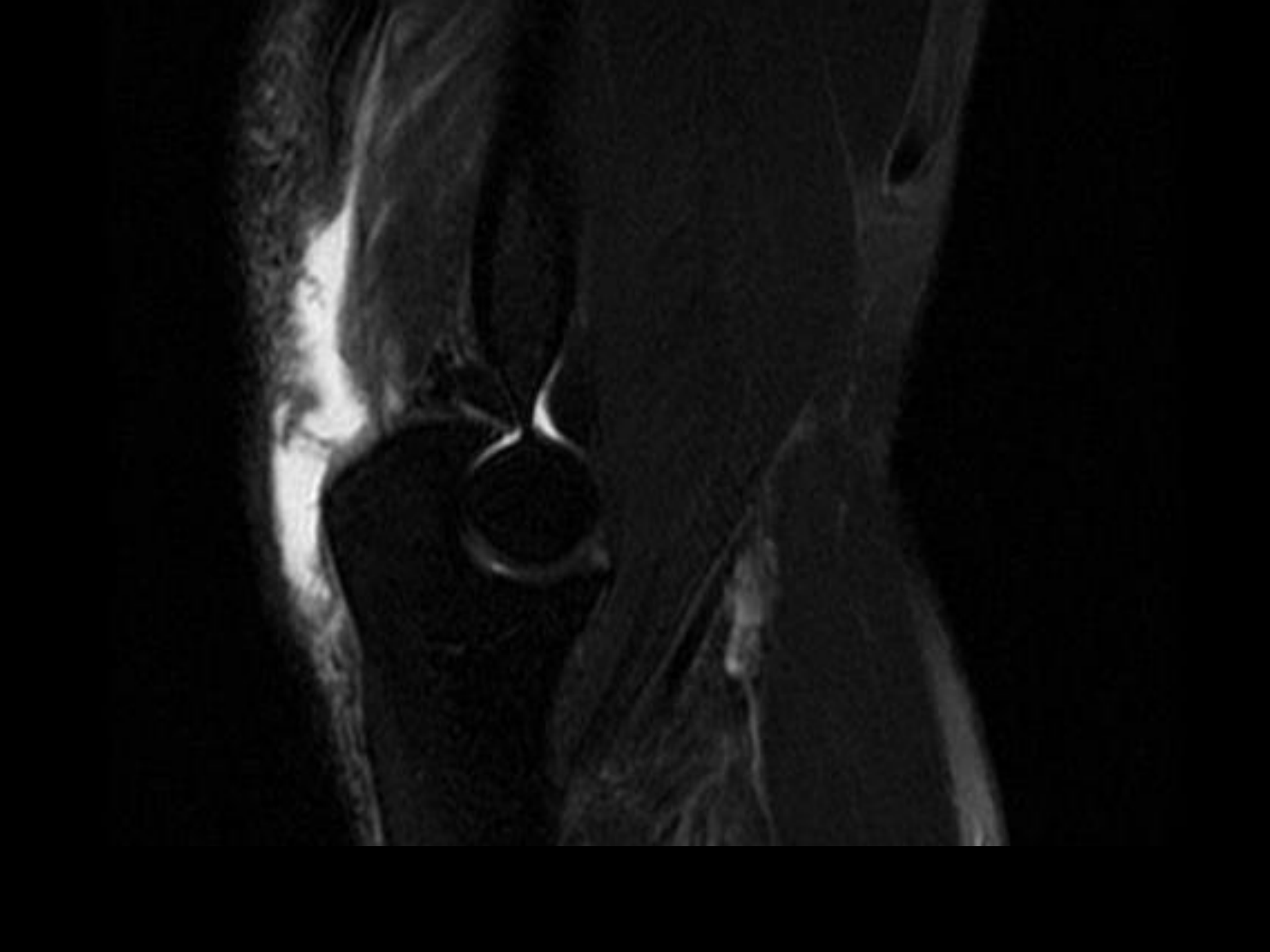


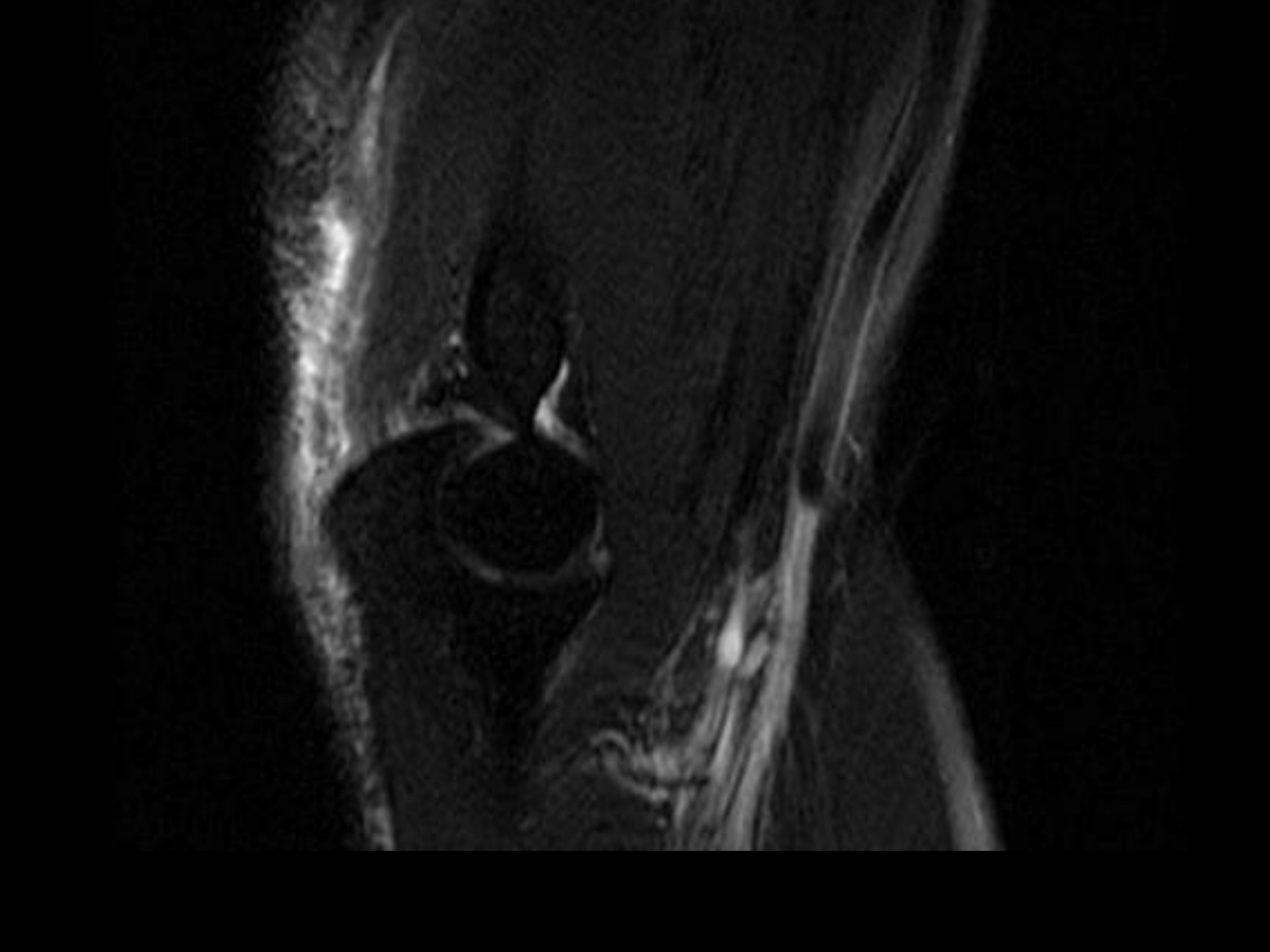


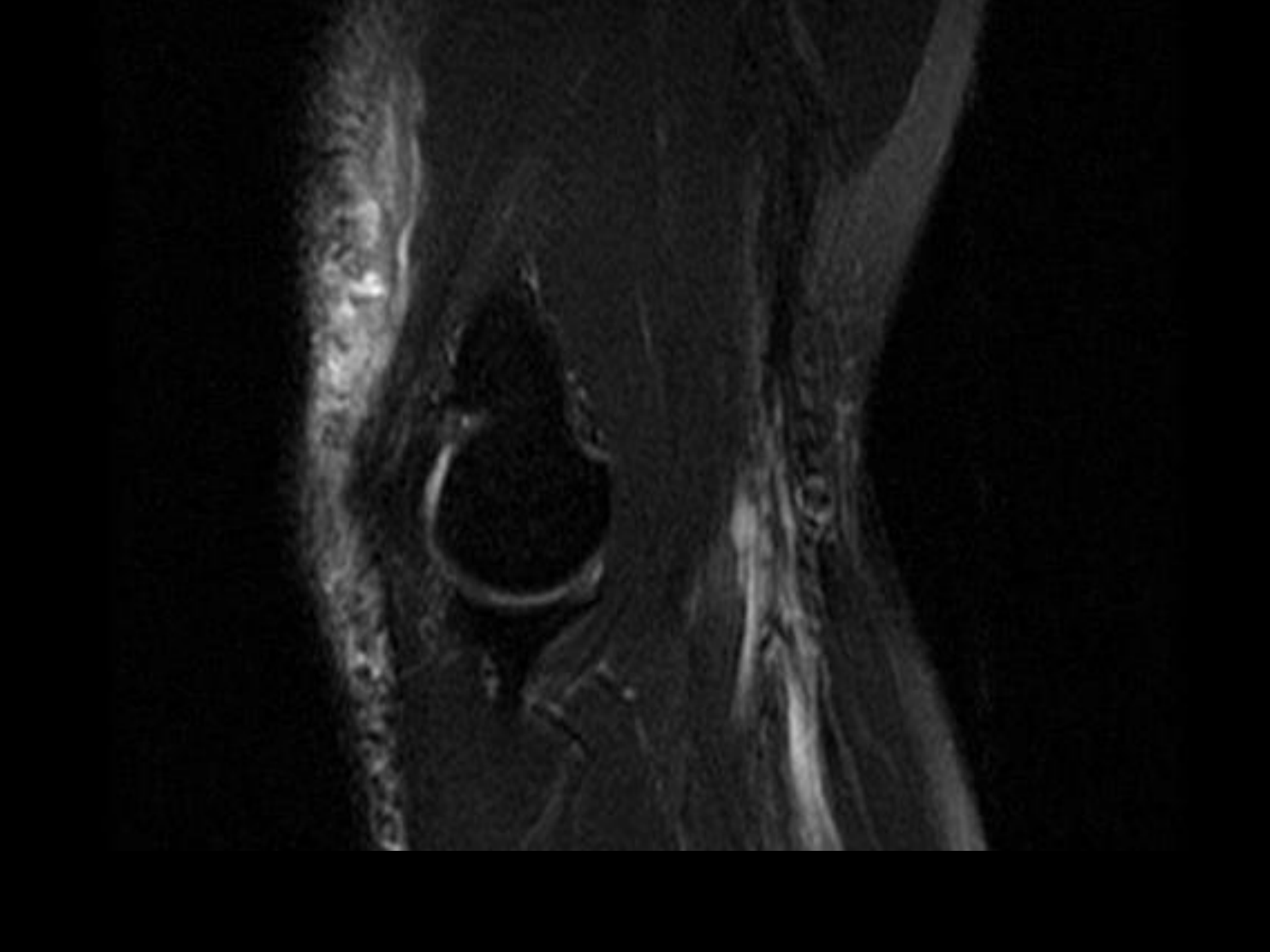


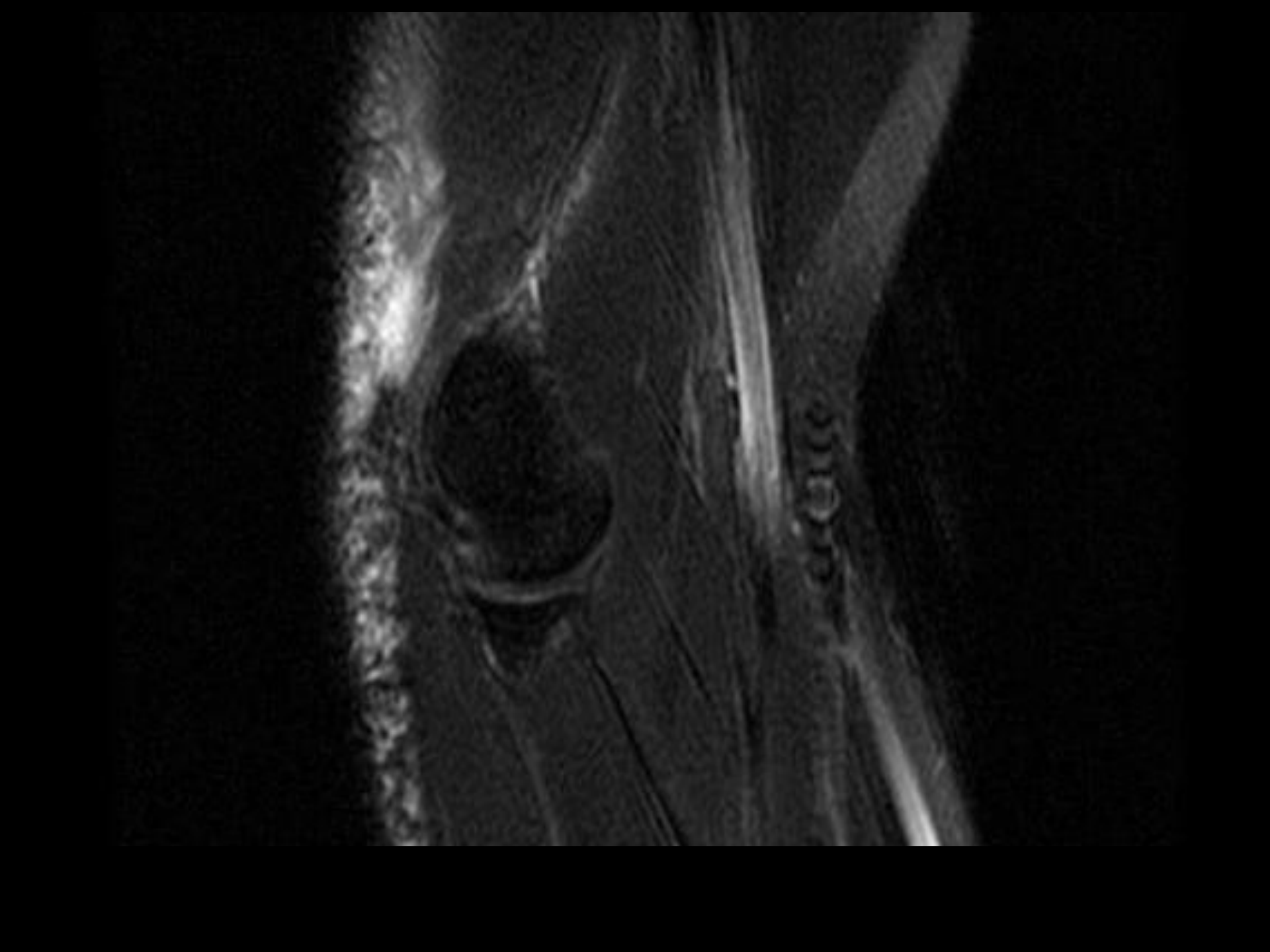




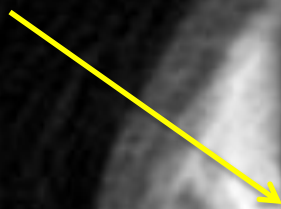




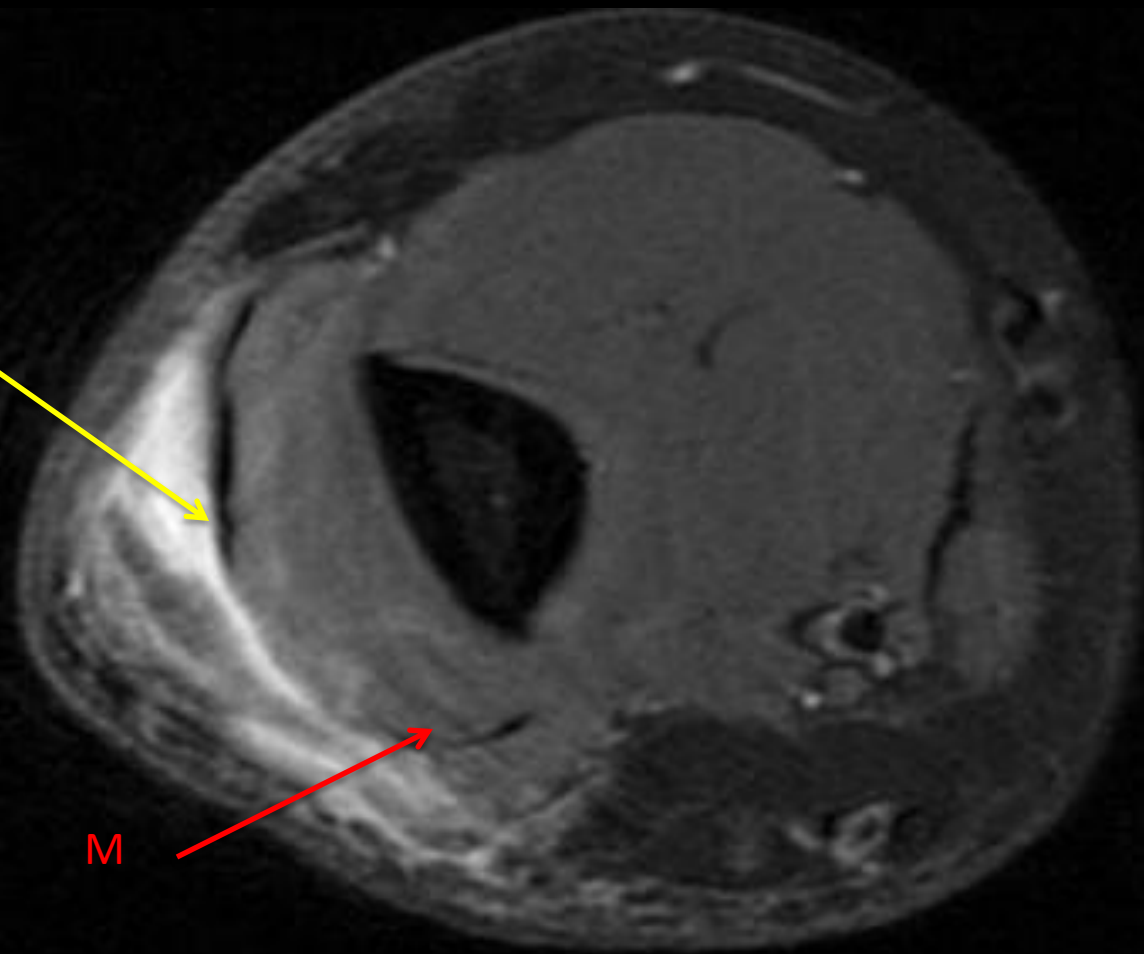
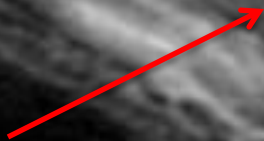


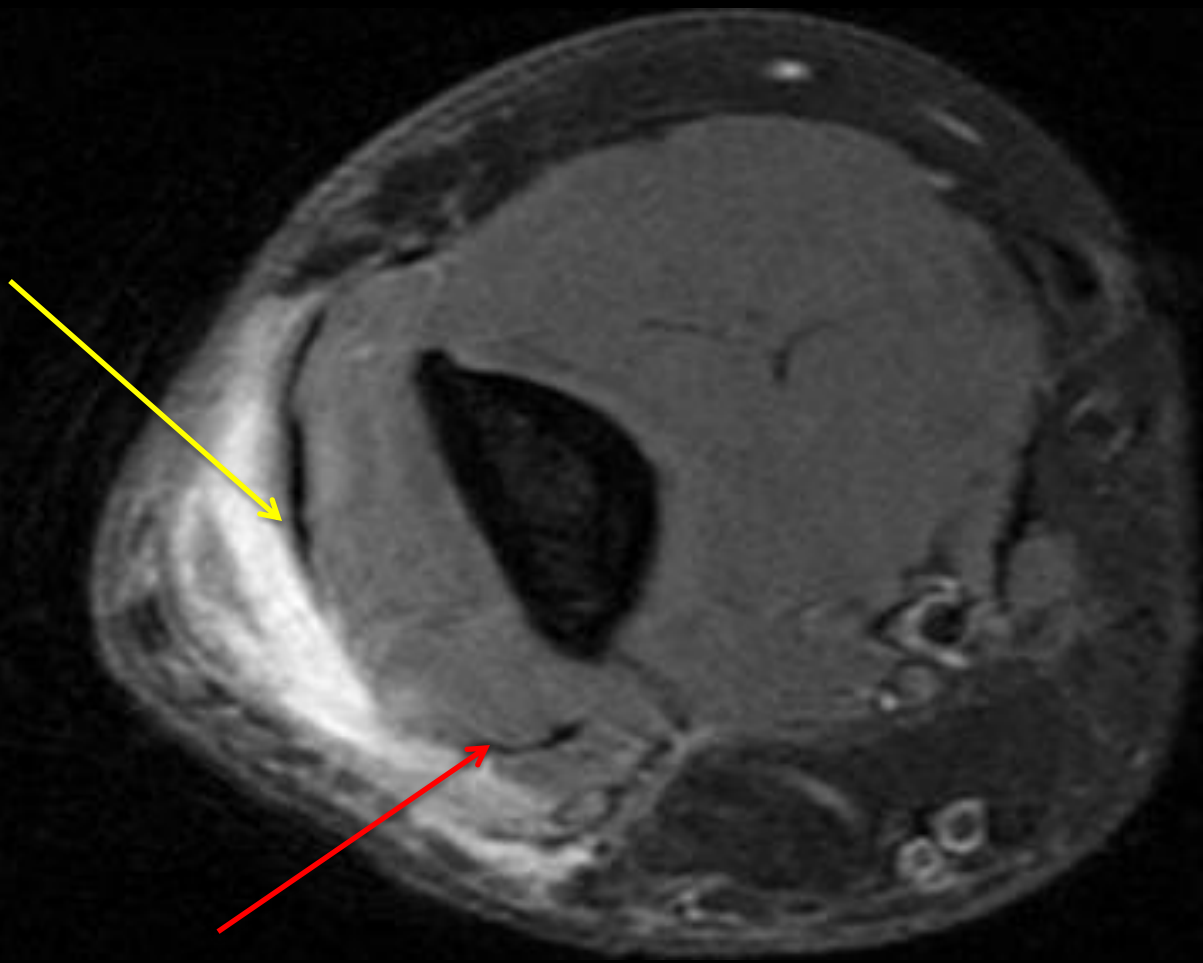


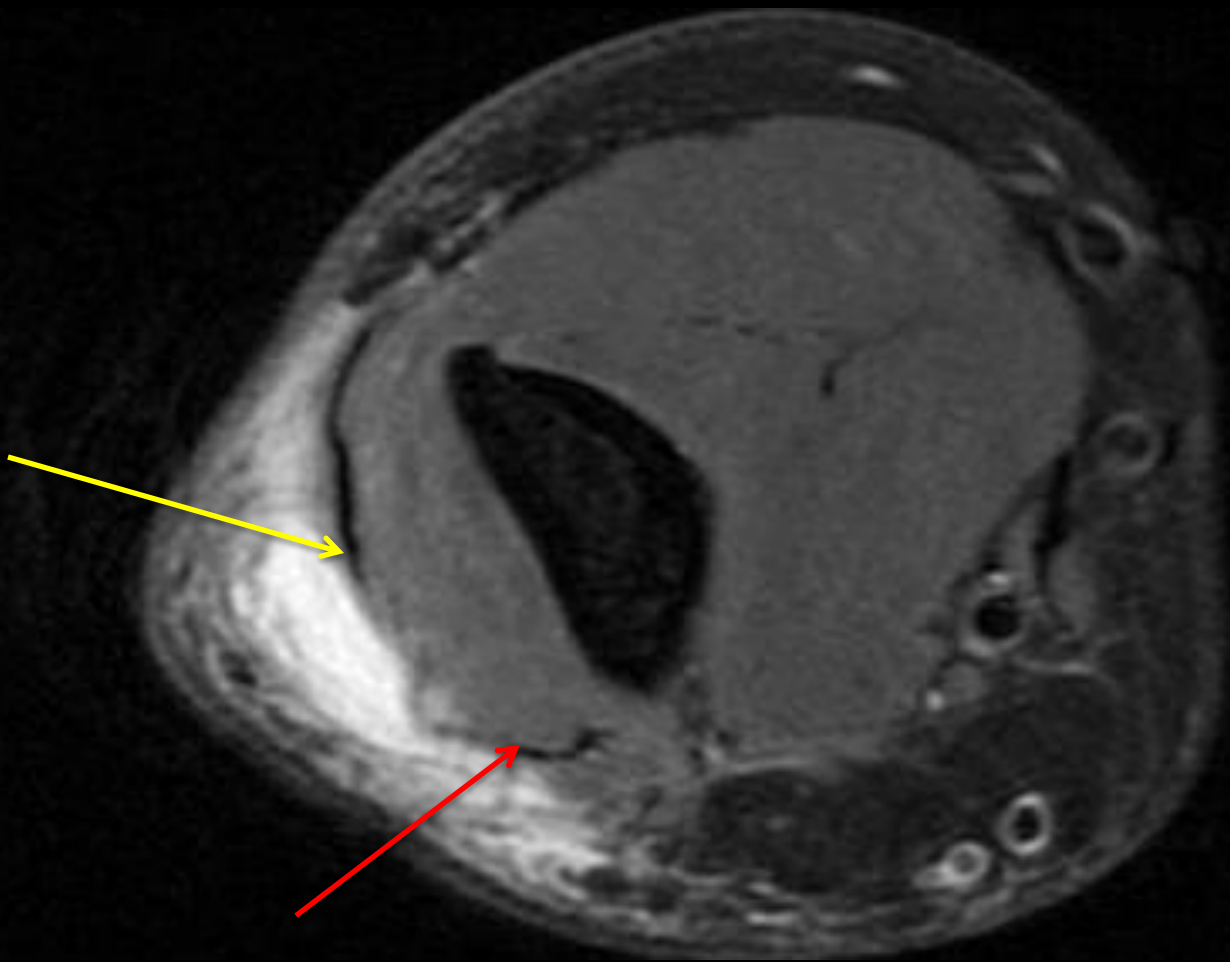
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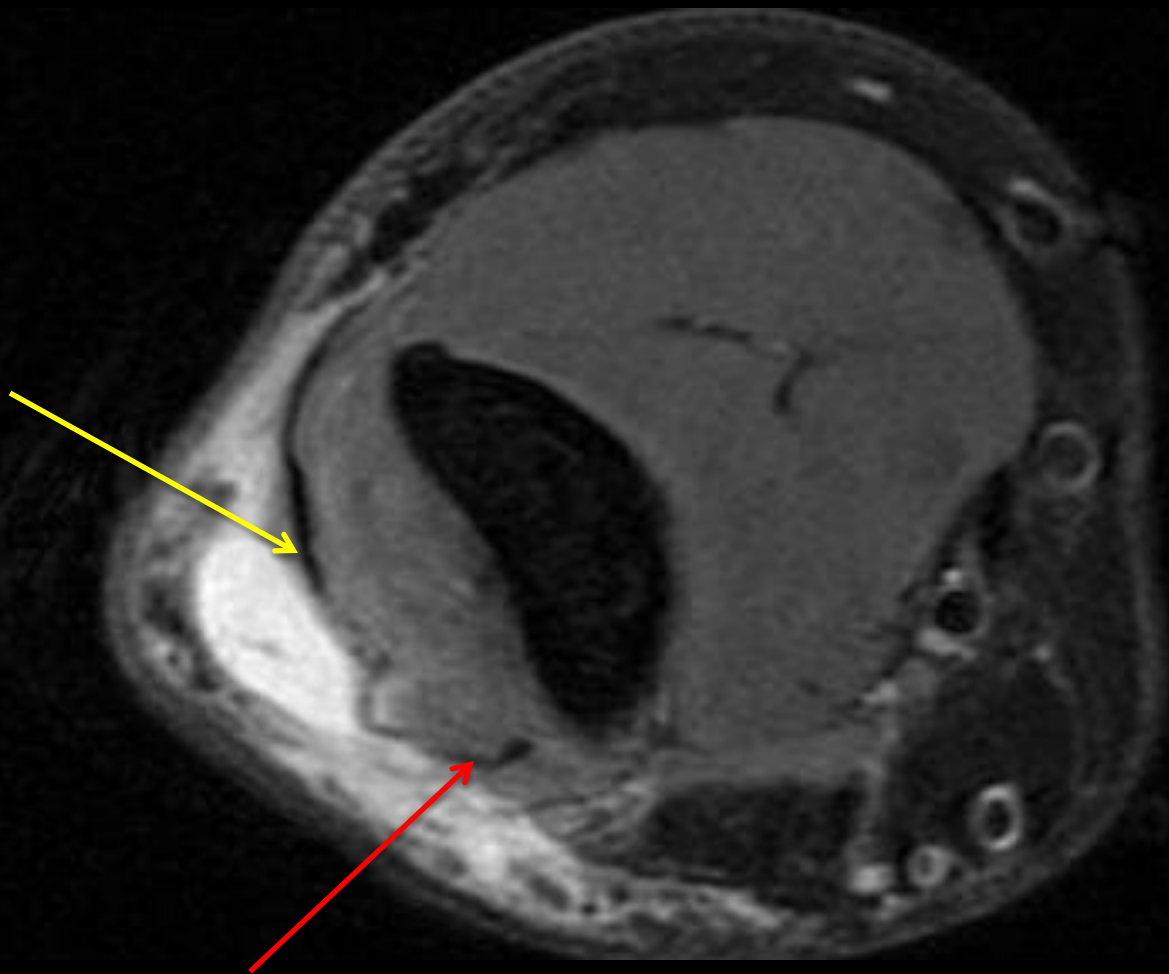


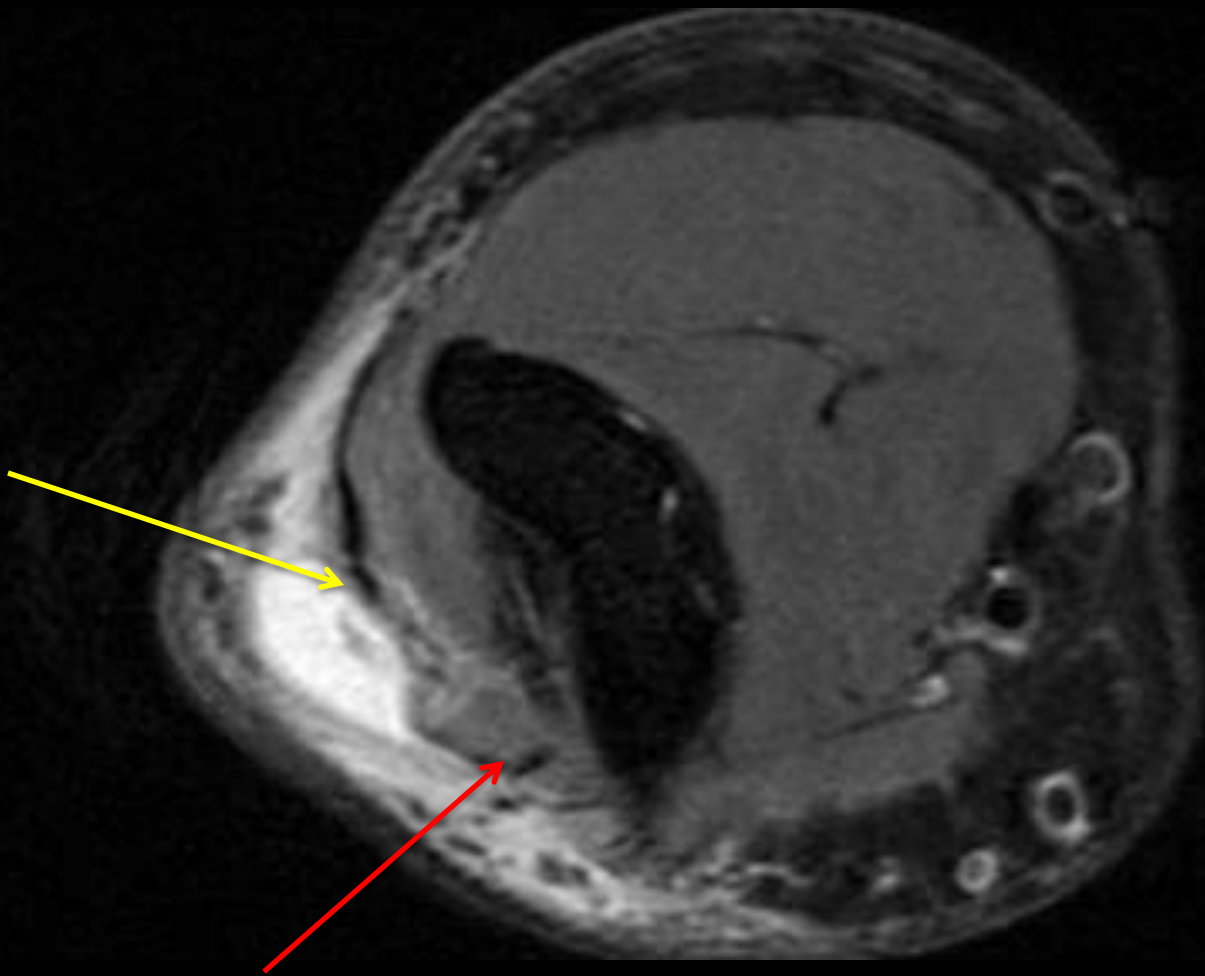
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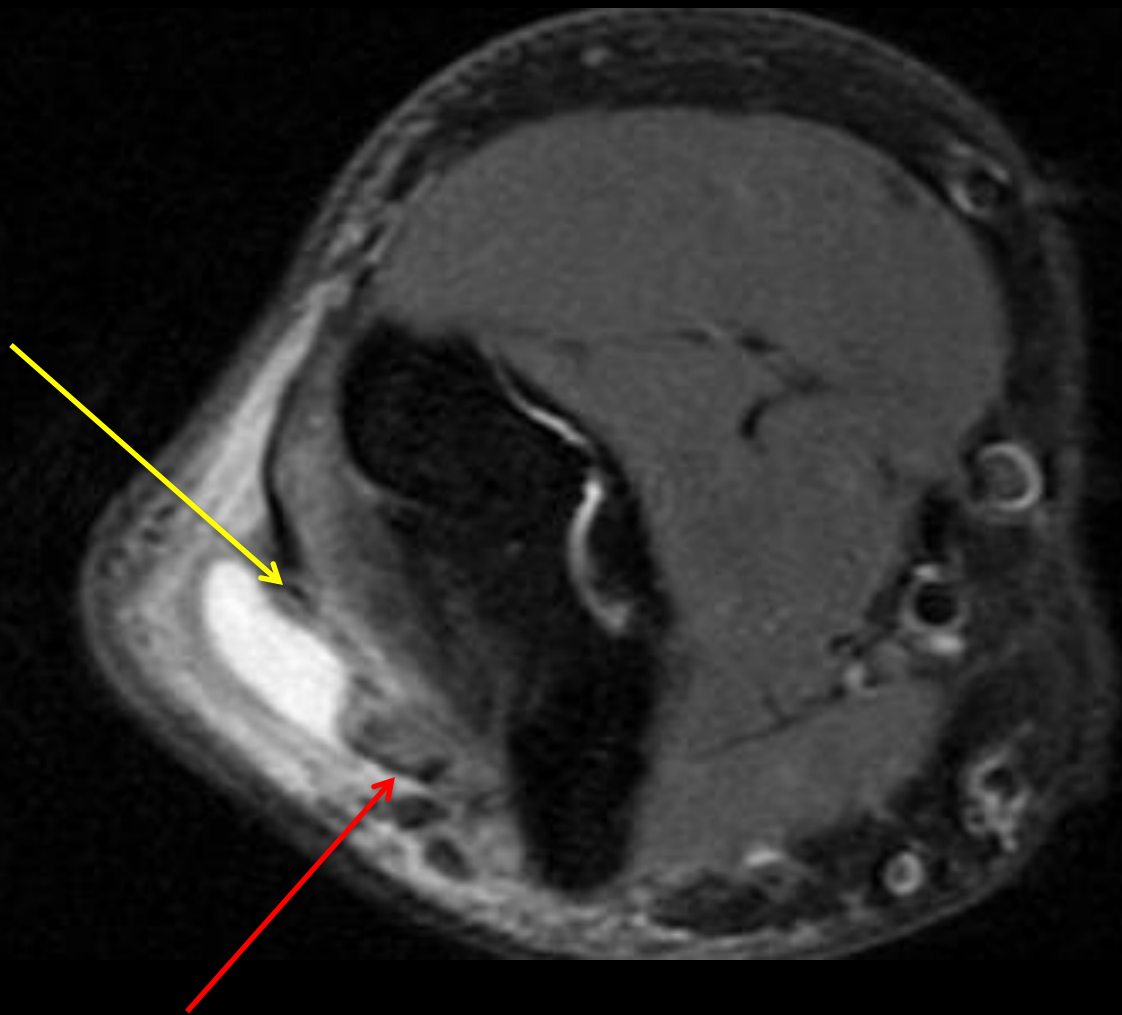


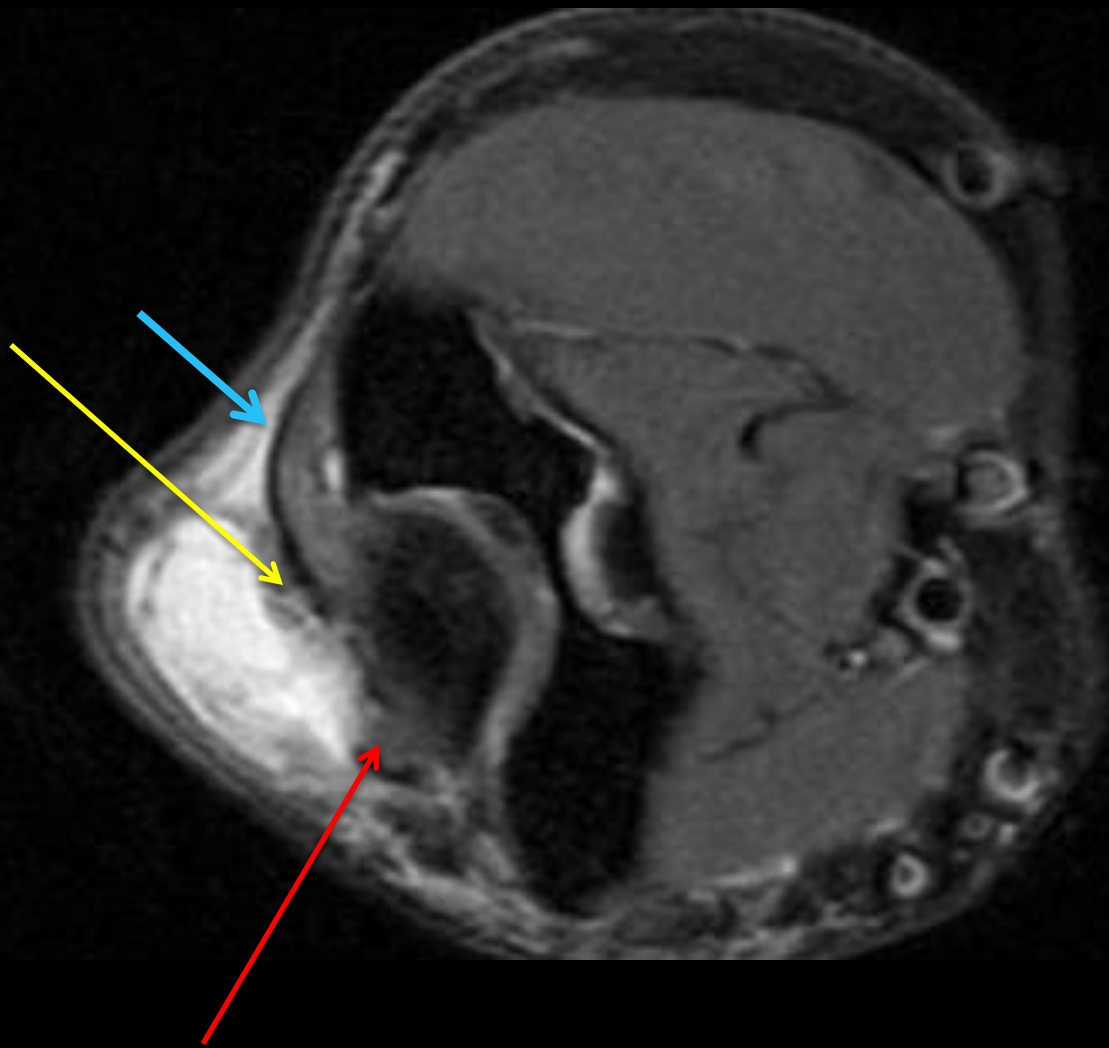


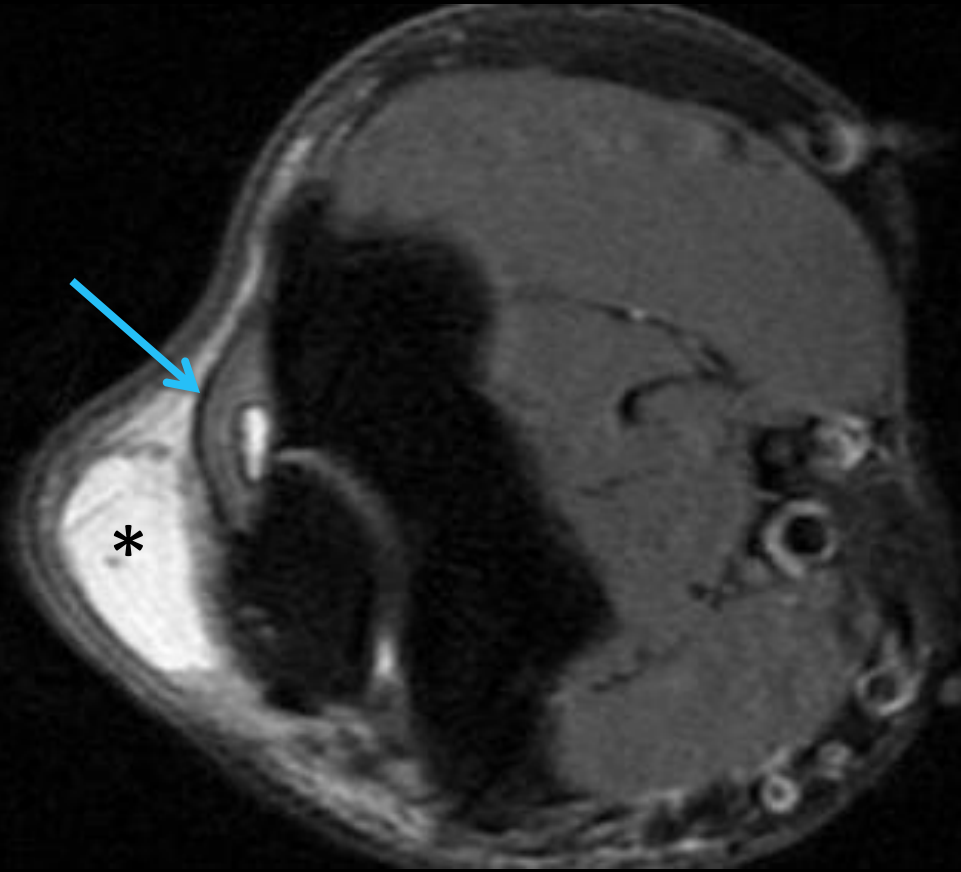


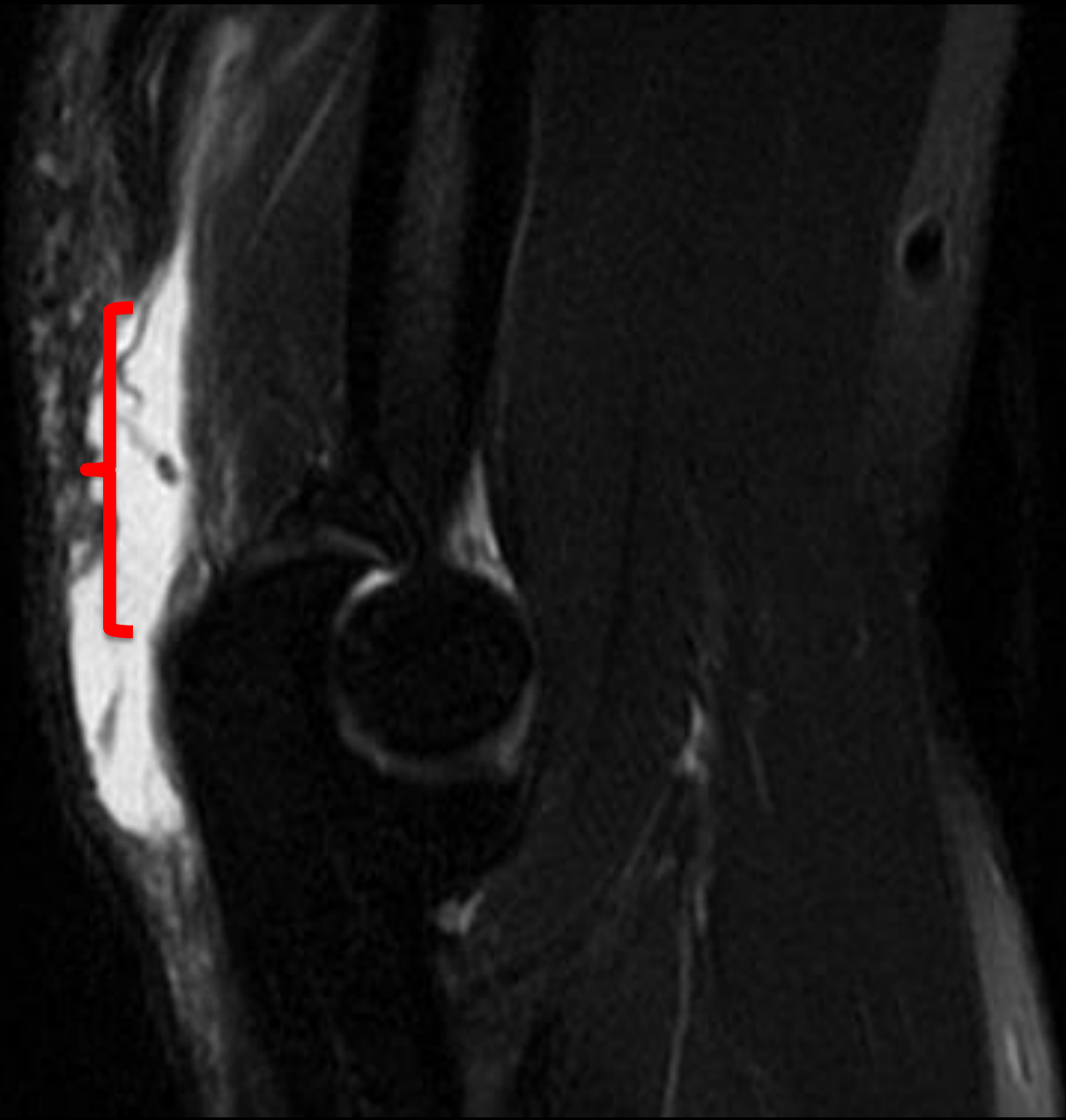


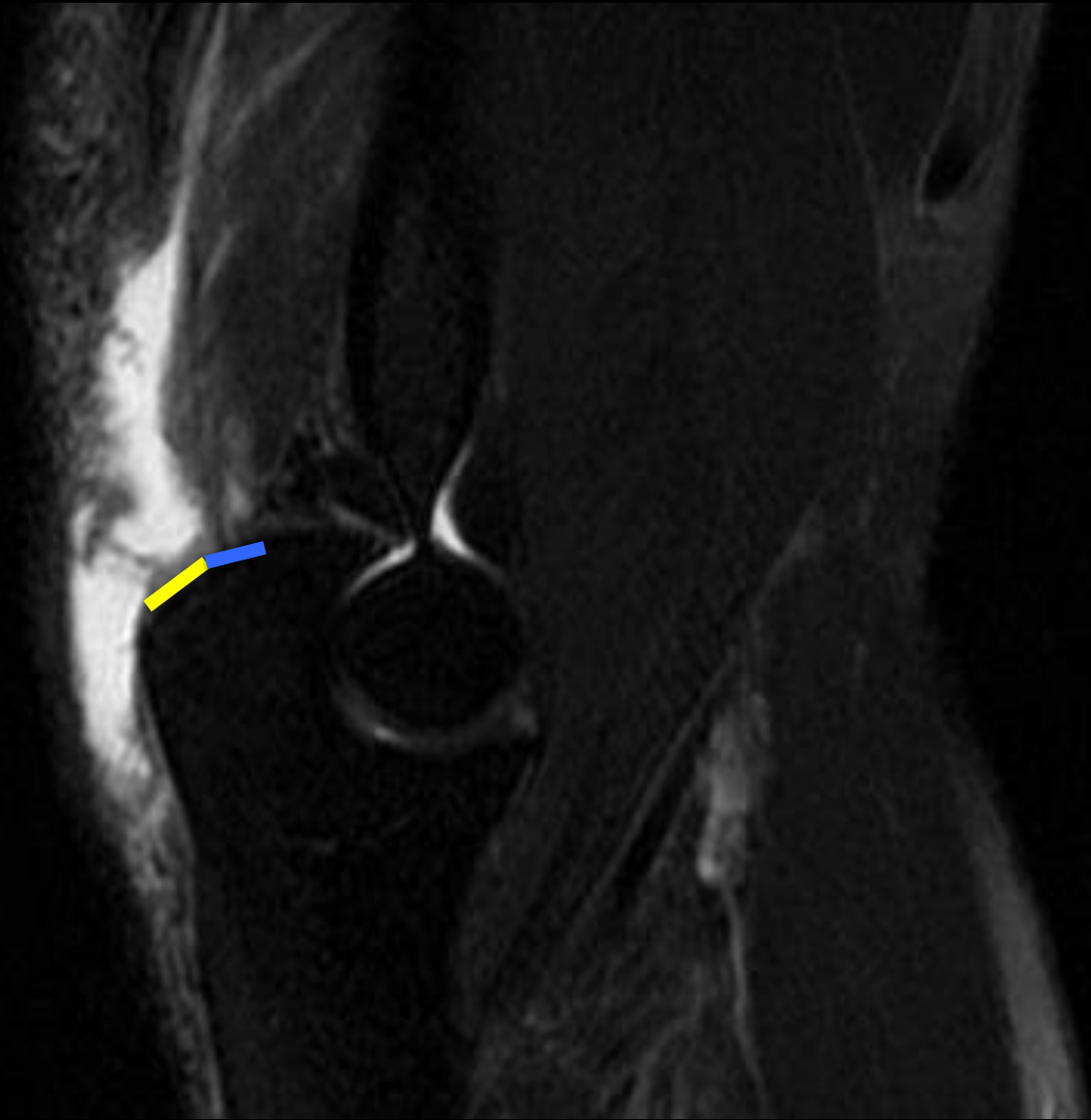








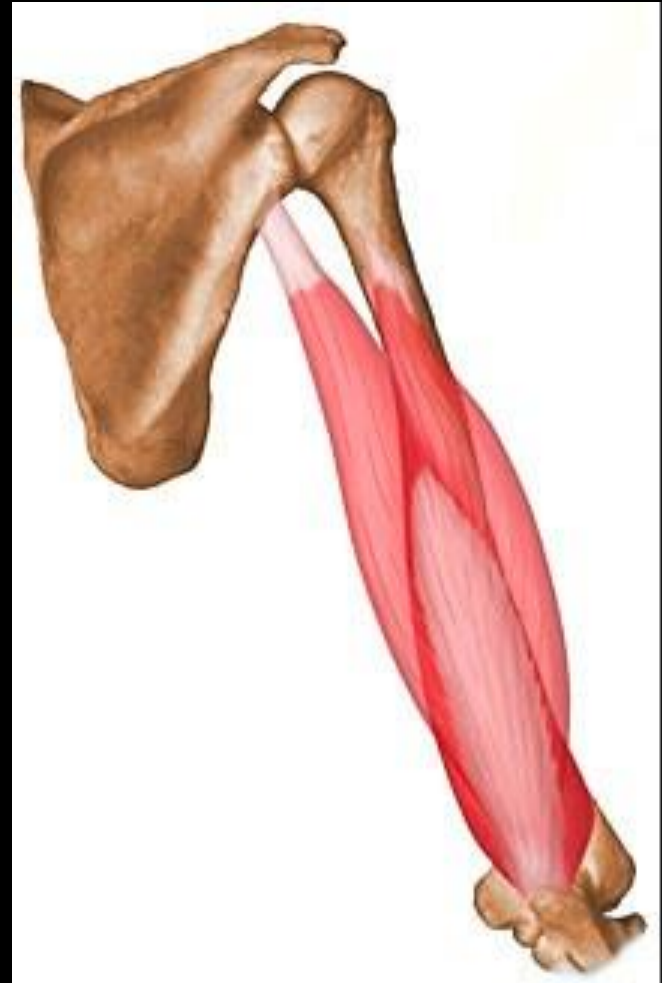




- Diagnosis: High grade partial thickness triceps tendon tear predominantly involving the long head component.

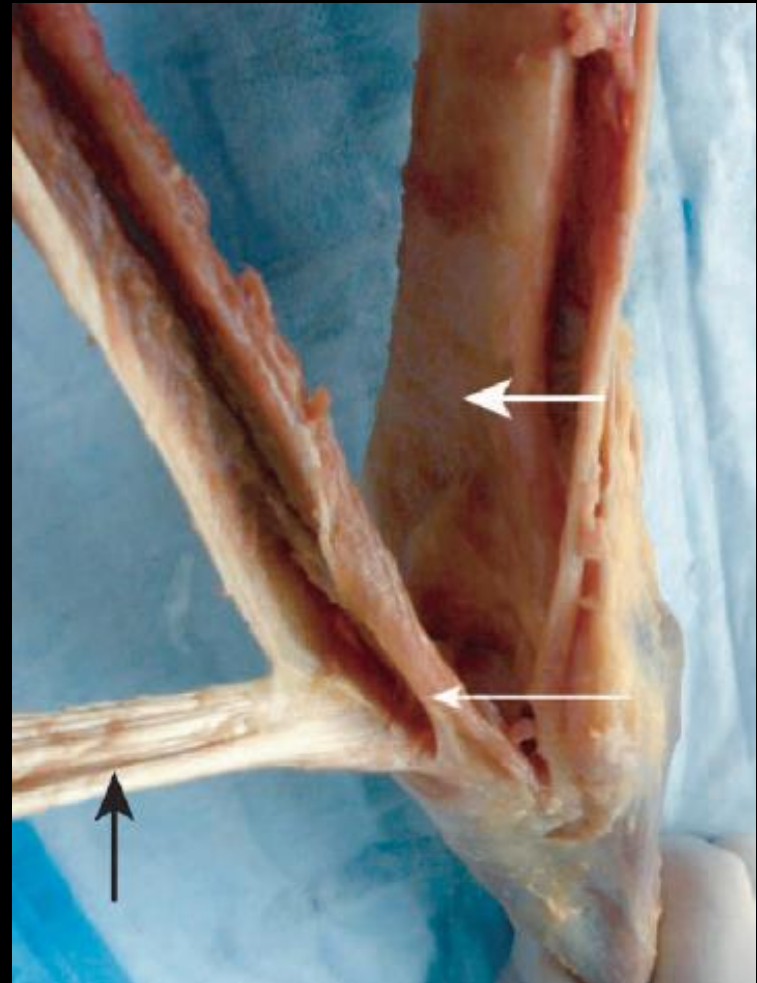
Anatomy

- Origins
 - Long: infraglenoid tubercle
 - Lateral: above radial groove
 - Medial: below radial groove



Anatomy

- ***Long head and lateral head form conjoined tendon with posterior insertion at olecranon***
- Medial head attaches anteriorly onto olecranon (very short tendon)
- Tendon fibers blend at olecranon



Madsen et al. *AM J Sports Med.* 2006; 34(11):1839-43

Anatomy

- **Lateral expansion** attaches over anconeus and antebrachial fascia
- No medial expansion
- Tendon proper width ~ 80% olecranon width
- Expansion width ~ 70% tendon proper width



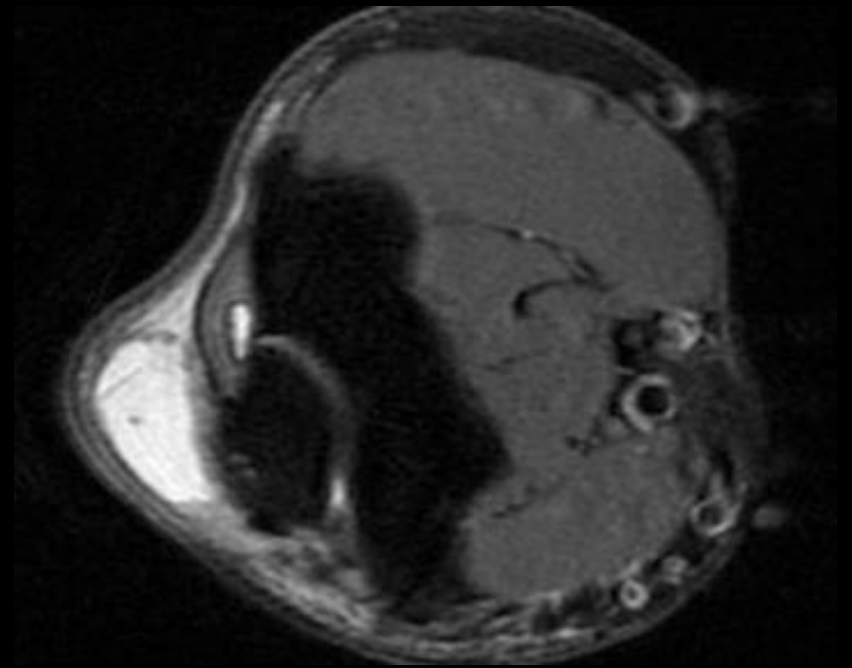
Keener et al. *J Elbow and Shoulder Surg.*
2010; 19(3):399-405

Triceps tendon tears

- Rare
- < 1% of all tendon injuries
- Eccentric contraction during elbow extension
- ***Football***, weightlifting
 - 21 tears in NFL over 6 years
- Tears tend to occur at insertion
- ***Tears of posterior component (long + lateral heads) most common (~80%)***

Triceps tendon tears

- Predisposing factors?
 - Enthesophytes
 - **Olecranon bursitis**
 - Steroid injection
 - Anabolic steroids
 - Systemic diseases (diabetes, renal disease)



Management

- Depends on activity level and extend of weakness
- Partial – may try conservative management
- Complete – surgical

Take Home

- Distal triceps tendon demonstrates laminar anatomy (long and lateral heads join and form posterior component)
- Posterior component tears are most common
- With MRI, describe which components are involved

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