

Rheumatologic Quiz

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Stem: A 70-year-old Thai man, complained with abnormal his left arm 2 months ago.

Questions:

1. What is his sign?
2. What is his diagnosis and its causes?

Answer:

Popeye's sign

His diagnosis was tendon rupture of the long head of biceps. The causes of biceps tendon rupture were overuse, tendon degeneration, older age, repetitive overhead activities, chronic tendinitis and steroid use or injection.

Short review:

"Popeye's sign" was the pathognomonic sign of rupture of the long head of biceps tendon(1). The incidence was common in male and average age about sixth decades of life(2). The patients had commonly history of rapid onset arm sharp pain and swelling with no warning. Sometime the patient heard or had feeling "pop" sound when the tendon rupture(3). The risk factors of the rupture of the long head of biceps tendon were overuse, tendon degeneration, older age, smoking, shoulder overuse or repetitive overhead activities, chronic tendinitis, rheumatoid arthritis, fluoroquinolone, statin and steroid use or injection(1, 3-6). The diagnosis was by clinical and history(1).

Reference:

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