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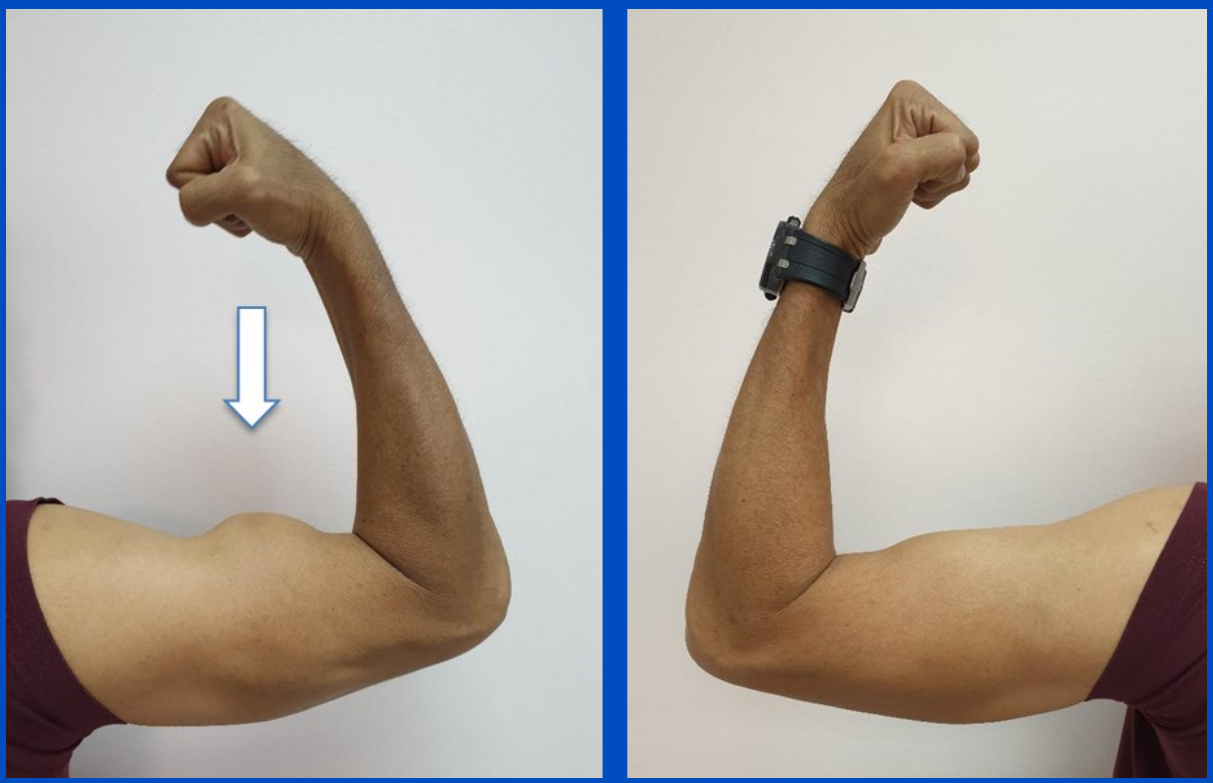

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The BIMJ publishes articles ranging from original research papers, review articles, medical practice papers, special reports, audits, case reports, images of interest, education and technical/innovation papers, editorials, commentaries and letters to the Editor. Topics of interest include all subjects that relate to clinical practice and research in all branches of medicine, basic and clinical including topics related to allied health care fields. The BIMJ welcomes manuscripts from contributors, but usually solicits reviews articles and special reports. Proposals for review papers can be sent to the Managing Editor directly. Please refer to the contact information of the Editorial Office.

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Roland POH, WHL YAP, Ketan PANDE.

Fig. 1

Fig. 2

A 52-year-old male presented with swelling over the front of his right arm. The onset was after an acute episode of pain in the arm while playing badminton about 1 month prior. This was associated with hearing a popping sound and bruising over the arm which settled in about 2 weeks. There was good strength of the biceps with no limitation of function. Active flexion of right elbow (Fig.1) revealed the swelling (arrow) compared to normal left side (Fig. 2) (Both images taken from behind the patient).

What is the clinical sign called?

What does it suggest?

***Answer**: refer to page 124*

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DISCLOSURE: The authors declare that they have no financial disclosure and conflict of interest. Consent has been obtained from the patient with regards to permission to publish the images.

(Refer to page 123)

ANSWER: POPEYE SIGN OF RUPTURE OF LONG HEAD OF BICEPS.

The incidence of biceps tendon rupture is <1 /100,000 and is more common in men.[1] It usually occurs with sudden eccentric loading of the biceps with arm in flexion and supination.[2] The risk factors include old age, preexisting shoulder condition, strenuous overhead activities or overuse and use of steroid and statins.[2,3] The long head of biceps is involved in 95% of the cases while distal rupture in seen in 5%. [3]

The initial presentation is with pain and swelling while in the chronic case it is painless with some tenderness in the bicipital groove. Usually there is no loss of function as the short head of biceps is intact.[2,3]

On clinical examination there is distal displacement of the biceps belly on contraction resulting in a swelling similar to contracted biceps seen in the pictures of the popular cartoon character Popeye. Hence the name 'Popeye sign' (Figure 3).[2,3]

Imaging studies like ultrasound and MRI may be needed to confirm the diagnosis and determine the extent and location of the tear.[3]

The treatment of proximal rupture of biceps is usually conservative with rest and analgesics. Surgery may be indicated for cosmetic reasons and in high demand patients like athletes.[3]

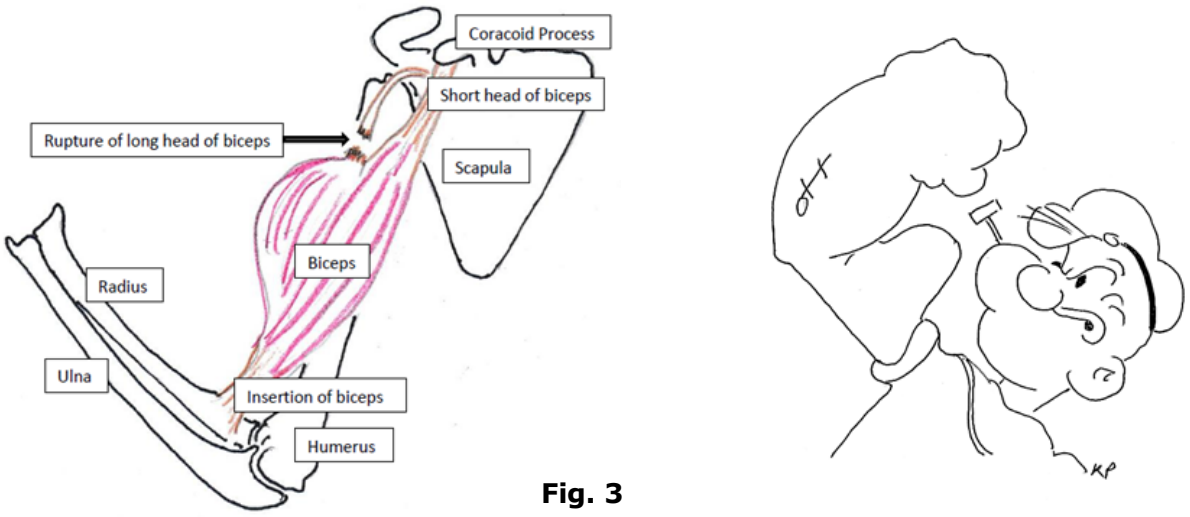

Fig. 3

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