

# Snapping knee from biceps femoris tendon

## A case report

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Painful snapping of the knee was caused by the long tendon of the biceps femoris muscle sliding over the fibular head to an abnormal insertion on the tibia. Removal of the fibular head gave immediate relief.

A 20-year-old man had increasing snapping and pain on the lateral side of his left leg during the last 2 years; he had stopped playing football for this reason. There was no history of trauma. Clinical examination revealed a tense band on the lateral side of the knee gliding over the fibular head in flexion above 90° and producing an audible and painful snapping when the knee was extended. The same tense band was found in the right knee, and a discrete audible snapping could be elicited, giving no symptoms.

At operation of the left knee, the tense band was found to be the long tendon of the biceps femoris, which inserted on the anterolateral aspect of the proximal tibia instead of normally on the posterior aspect of the fibular head. The lateral part of the fibular head was resected without interfering with the insertion of the lateral collateral ligament. This simple procedure removed the snapping phenomenon; the patient was relieved of his symptoms, and was back playing football at a competitive level within 2 months after surgery.

### Discussion

Variations of insertion of smaller portions of the tendon of the long head of the biceps femoris muscle on the tibia without clinical importance have been described (von Lanz 1972). However, insertion of the entire tendon on the anterolateral aspect of the proximal tibia has not been described earlier. Symptoms of our patient were undoubtedly caused by the abnormal distal insertion of the biceps tendon. The anomaly was actually bilateral, but it caused disabling symptoms on the left side only. The diagnosis snapping knee should be kept in mind in unclear painful conditions around the knee.

### Reference

- von Lanz T. *Praktische Anatomie*. 1:4. Bein und Statik. 2. Aufl. Springer Verlag, Berlin 1972.