OC-073 - (23989) - THE LONG HEAD OF BICEPS AS A LOCAL AUTOGRAFT FOR TREATMENT OF ACROMIOCLAVICULAR DISLOCATIONS

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High-grade acromioclavicular (AC) dislocations are a major clinical concern owing to their compromised ligament healing capacity, leading to instability, pain, and decreased function. Surgical repair is the treatment of choice, often requiring biological augmentation with a graft, particularly in cases of subacute and chronic injuries. Biological augmentation using an autograft is a promising approach for improving the long-term outcomes of AC dislocations.

We originally propose a novel technique using the long head of the biceps (LHB) tendon as an autograft. This method augments the reconstruction of the coracoclavicular (CC) and AC ligaments, restores both vertical and horizontal AC joint stability, and we hypothesize that it may decrease the subsidence and loss of reduction rates.

We present the development process of the surgical technique, starting from the demonstration of its feasibility using an open approach and later through the endoscopic-assisted (arthroscopy) technique in cadaveric models. Furthermore, we present the preliminary results from the first five clinical cases treated with this technique.
Five men with chronic AC dislocation were treated. The minimum follow-up is 9 (9 - 15) months. Patients were evaluated using Constant and ASES scores. X-rays were also evaluated and the coraco-clavicular distance was measured bilaterally

The main finding of this study was that CC and AC reconstruction using LHB as a local autograft is feasible, safe and effective both in the cadaveric model and in the clinical setting. This novel method provides enhanced biomechanical and biological properties, potentially improving the treatment outcomes of high-grade AC dislocation.

Palavras-chave : Long head of biceps, autograft, acromioclavicular dislocations