

Accuracy of the Biceps Load Test

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Biceps load test was reported as a sensitive and specific test to detect an unstable superior labral tear in the recurrent anterior dislocation of the shoulder. We present the accuracy of the biceps load test and MRI to diagnose the combined SLAP lesion in the anterior instability of the shoulder. In 11 SLAP lesions, which were confirmed in the arthroscopic anterior stabilization in 75 shoulders, the biceps load test detected all cases as having SLAP lesions while the MRI detected 9. In 64 shoulders with intact biceps-superior labral complex, the biceps load test detected intact labrum in 63 cases while the MRI detected 56.

The Biceps load test is a highly reliable diagnostic test of the combined SLAP lesion in the recurrent anterior dislocation of the shoulder (sensitivity: 100 %, specificity: 98.4 %) and much more accurate than the MRI (sensitivity: 81.5 % specificity: 87.5 %).