



Cover image

Meso-type long portion of the biceps: normal anatomical variant

Porción larga del bíceps de tipo MESO: variante anatómica de la normalidad

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Image obtained from the lateral port, through complete supraspinatus rupture. We observe a MESO sb (small band) variant, identifying cord- or band-like tissue running from the main origin of the long portion of the biceps (LPB), in the upper *labrum*, to contact with the supraspinatus or superior capsule.

The LPB is a continuous subject of study from the anatomic and arthroscopic perspective. The origin of the long portion presents some variability in terms of its proximal insertion - the supraglenoid tubercle and upper portion of the *labrum* being the most widely accepted points of origin. Pal *et al.*⁽¹⁾ described an incidence of LPB insertion in



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the supraglenoid tubercle of 75% and of 25% in the upper *labrum*, while Vangsness *et al.*⁽²⁾ described a frequency of 50% in the tubercle and 50% in the upper *labrum*.

In addition, anatomical variants in the origin of the LPB have been reported in proportions ranging from 1.9-7.4%. These variants have been described in different ways as absent, splits (*Y* shape) or of extraarticular origin, or corresponding to the rotator cuff itself. Dierickx *et al.*⁽³⁾ classified all these variants into 12 types from the embryological perspective, establishing four groups (mesotendon, adherent, split and absence of LPB), and correlated certain variants to an increased incidence of associated disease.

References

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