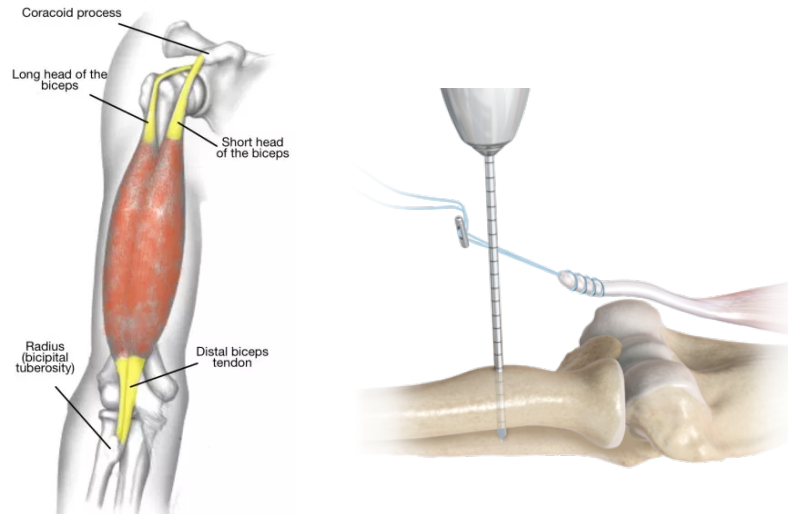


Distal Biceps Tendon Tear



What is a distal biceps tendon tear?

You have torn the biceps tendon near the elbow.

How does this affect my arm function?

The biceps muscle is responsible for turning your palm up (supination) and bending your elbow (elbow flexion). You have other muscles that can also do this in your arm, but without the biceps tendon you will lose some strength (approximately 30%-40%) in these motions.

How do you treat a distal biceps tendon tear?

Non-Surgical Options

- Observation, return to activity as tolerated

Surgery

- Distal biceps tendon repair, possible allograft tendon
- You will have small incision(s) on the around your elbow. The tendon is identified and the stitches are put in it to reattach it to the bone
- After surgery, you will be limited in how much you can use or lift with the surgical arm for 12 weeks.

Things to Consider

- Patients can expect to gain most of the range of motion back and between 80%-90% of their strength back after the repair has healed.

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