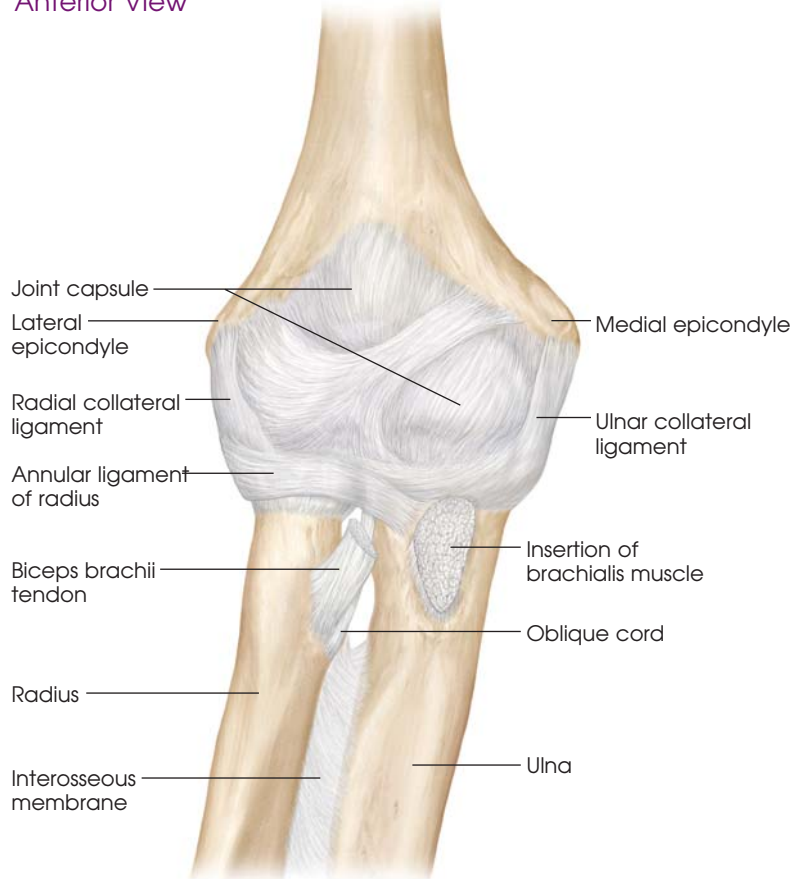
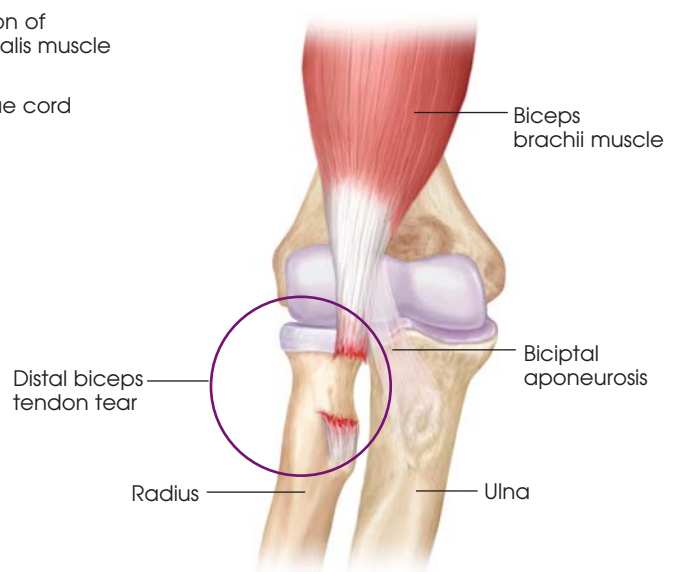


Distal Biceps Rupture

Normal Elbow Anatomy: Anterior View



Biceps Rupture Near Elbow



Distal Biceps Rupture occurs where the bicep muscle attaches to the radial tuberosity (a small bump on the side of the elbow). Usually there is some tendinosis (degeneration) within the tendon that precedes the complete rupture. When the tendon ruptures, a snap may be heard followed by pain, swelling, bruising and weakness. The rupture can occur when the arm, bent at the elbow, is forced to straighten—usually when lifting a heavy weight.

Common Treatment Options

- Rest the elbow.
- For partial injuries, immobilize the elbow joint till pain decreases, then slowly advance motion, but with minimal resistance exercises.
- Physical therapy may be used to increase range of motion and strength.
- Surgical repair is usually recommended for complete ruptures.
- After surgery, physical therapy will be used to help regain motion and strength.

