

Biceps Tendon Repair - Elbow

If you've torn your biceps tendon near the elbow, you may notice sudden pain, weakness, and a bulge in the arm. Surgery can **reattach the tendon** and restore your strength and movement.

What Is A Distal Biceps Tendon Tear?

The **distal biceps tendon** connects the biceps muscle to the forearm near the elbow. A tear often happens suddenly while lifting something heavy. You may notice:

- A popping sensation
- Bruising and swelling
- Weakness in bending or rotating the forearm
- A bulge in the upper arm (the "Popeye" sign)

Who Needs This Surgery?

Surgery is usually recommended for:

- Active people with a complete tendon tear
- Those who need strength for work or sport
- Patients who've lost function in their arm

What Does The Surgery Involve?

- Done under general anaesthetic, ideally within 1-2 weeks of injury
- A small cut is made at the elbow to reattach the tendon to the bone using strong anchors or screws
- You'll wear a sling and begin physiotherapy shortly after

Recovery And Aftercare

- Sling: 2-3 weeks
- Light activity: 3-4 weeks
- Return to sport/manual work: 3-6 months

Physiotherapy is key to regaining strength and flexibility.

Benefits

- Restores strength and grip
- Prevents long-term weakness
- Allows return to sport and physical work

Risks

- Infection or bleeding
- Nerve injury (rare)
- Stiffness or slow recovery
- Re-tear if not fully healed

Why Choose Midlands Orthopaedic Clinic?

Our specialist elbow surgeons are experienced in treating distal biceps tendon tears using modern surgical techniques. We provide clear, personalised care plans and expert physiotherapy to help you return to normal life as quickly and safely as possible.

Get In Touch

If you've had an elbow injury and are worried about a torn biceps tendon, don't delay.

Contact Midlands Orthopaedic Clinic today to book a consultation and discuss your treatment options.