



**Advance Physio Clinic**  
2 Trevino Way  
Cranbourne North  
Victoria 3977

**Ph: 03 5995 7060**



## Clinic Services:

- Neck and low back pain, neck, thoracic and lumbar disc bulges
- Sciatica
- Headaches/Migraines
- Clinical Pilates
- Rehabilitation after surgery, stroke and vehicle accidents
- Work injuries
- Sporting injuries

## Clinic Hours:

Monday to Friday: 9am-7pm  
Saturday: 9am - 12pm

## Biceps Tendon Rupture

A biceps tendon rupture is a condition characterized by the complete tearing of one or more tendons of the biceps muscle. During contraction of the biceps, tension is placed through the biceps muscle and tendons. When this tension is excessive due to too much repetition or high force, damage to the biceps tendons may occur. Biceps tendon ruptures are more common in the older patient with a history of biceps injury.

### Causes

A biceps tendon rupture most commonly occurs due to sudden or excessive contraction of the biceps muscle. This may occur when bending of the elbow forcefully against resistance (such as performing chin ups or biceps curls), during heavy lifting (particularly overhead) or forceful arm elevation activities.

### Symptoms

Patients with a biceps tendon rupture typically experience a sudden onset of pain in the front of the elbow, shoulder or upper arm. This is usually associated with a sudden snapping or tearing sensation. Symptoms may settle quickly leaving the patient with an ache that is particularly prominent at night or first thing in the morning.

### Treatment

A thorough subjective and objective examination from a physiotherapist is usually sufficient to diagnose a biceps tendon rupture. Most patients who present with a biceps tendon rupture will have a very good outcome with conservative measures and appropriate rehabilitation under physiotherapy guidance. The success rate of treatment for a biceps tendon rupture is largely dictated by patient compliance. One of the key components of treatment is that the patient rests from any activity that increases their pain until they are symptom free. This allows the body to begin the healing process in the absence of further tissue damage. Once the patient can perform these activities pain free, a gradual return to these activities is indicated provided there is no increase in symptoms. Most patients with a long head of biceps tendon rupture heal well with appropriate physiotherapy and return to relatively normal function in a number of weeks. Since the ruptured biceps tendon does not repair on its own some weakness may persist although this is usually minimal.

To refer any patients that present with the a biceps tendon rupture please call our practice or fill out one of our referral forms and have your patient bring this to their initial appointment at our practice.