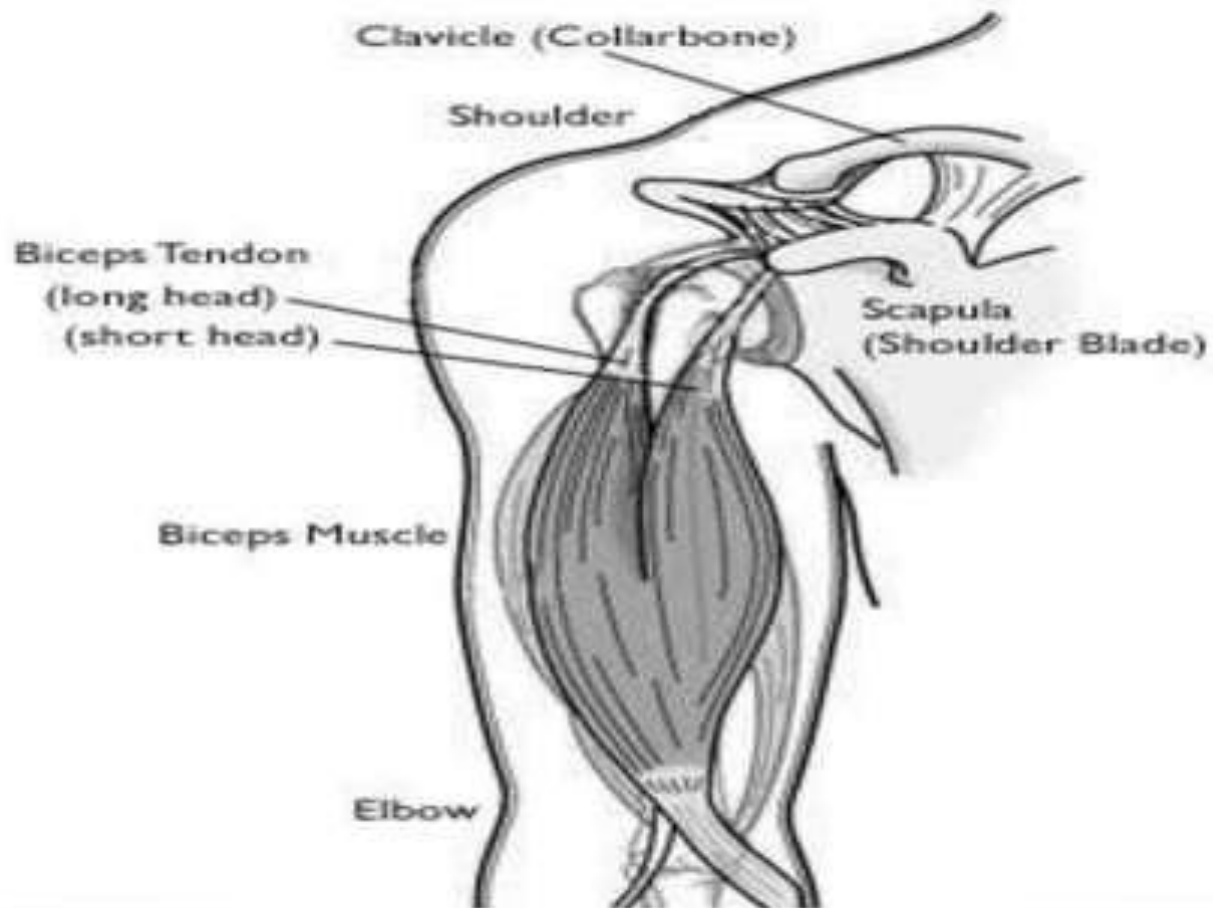


BICEPS
(LONG HEAD
TENDON)
RUPTURE

BICEP

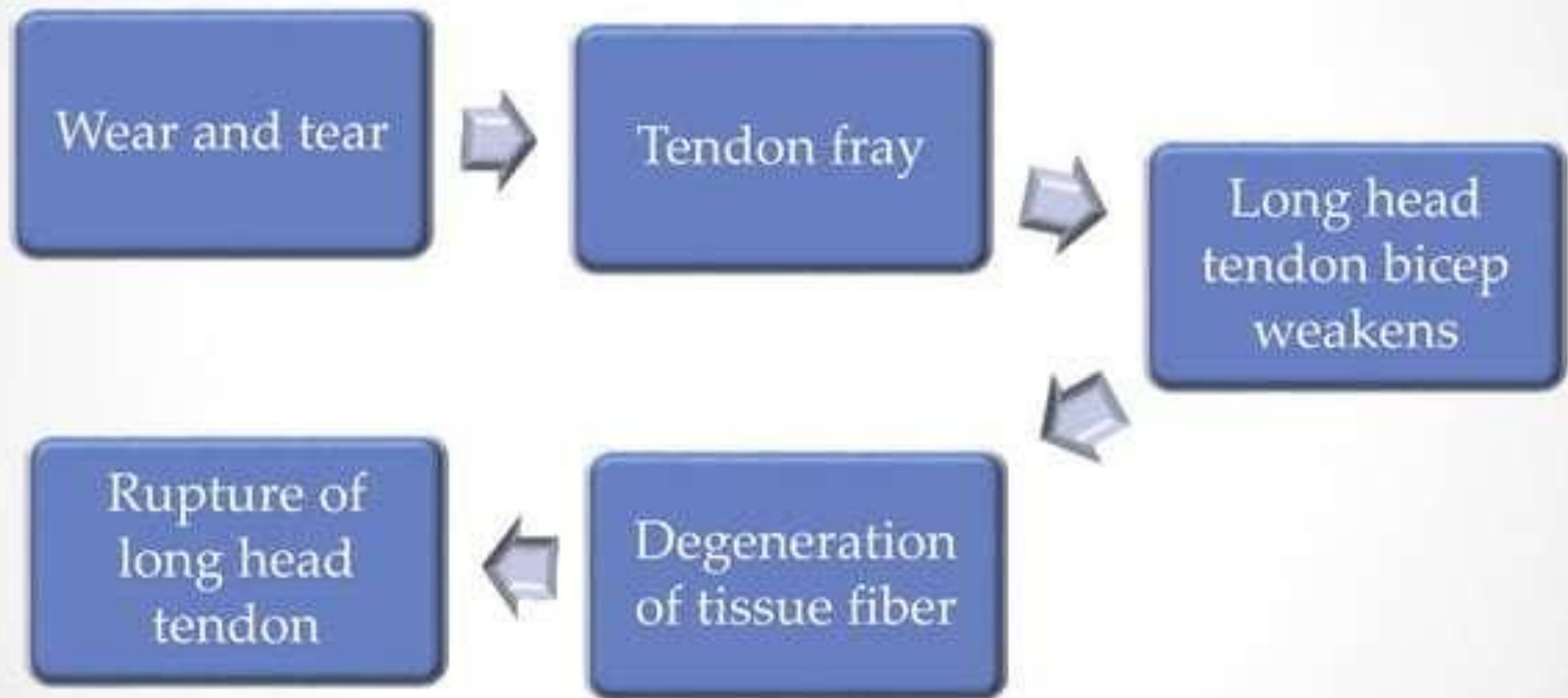


DEFINITION

- The tendon where attached to supraglenoid tubercle are ruptured or tear due to sudden contraction with resisted forearm flexion and supination



PATHOPHYSIOLOGY



TYPES

PARTIAL TEAR

- Not complete
- Still intact

COMPLETE TEAR

- Completely loss contact from supraglenoid tubercle
- Will split tendon into two

CAUSES

- Overused
- Fall on outstretched arm
- Lift too heavy object
- Wear and tear



SIGN AND SYMPTOM

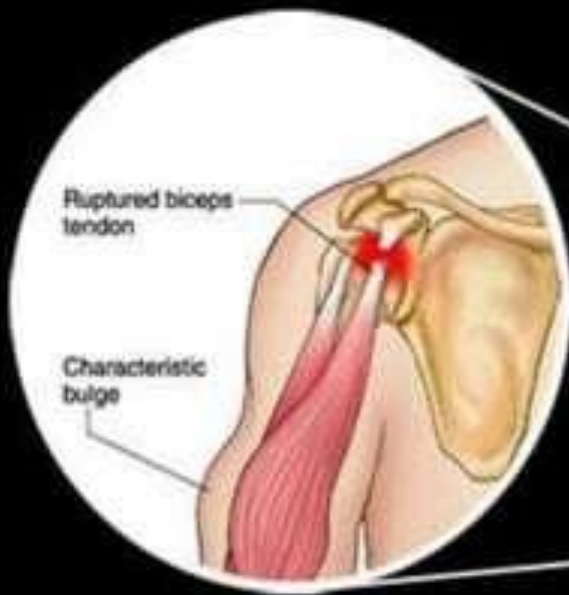
- Sudden sharp pain in the upper arm
- Tenderness
- Weakness
- Sometime an audible pop or snap
- Bicep muscle cramp
- Bruising from the middle of the upper arm down toward the elbow
- Difficulty turning the arm palm up or palm down
- a bulge in the upper arm above the elbow ("Popeye Muscle") may appear, with a dent closer to the shoulder.

Shoulder Biceps Rupture Symptoms

"Balled up"
muscle
with
bruising

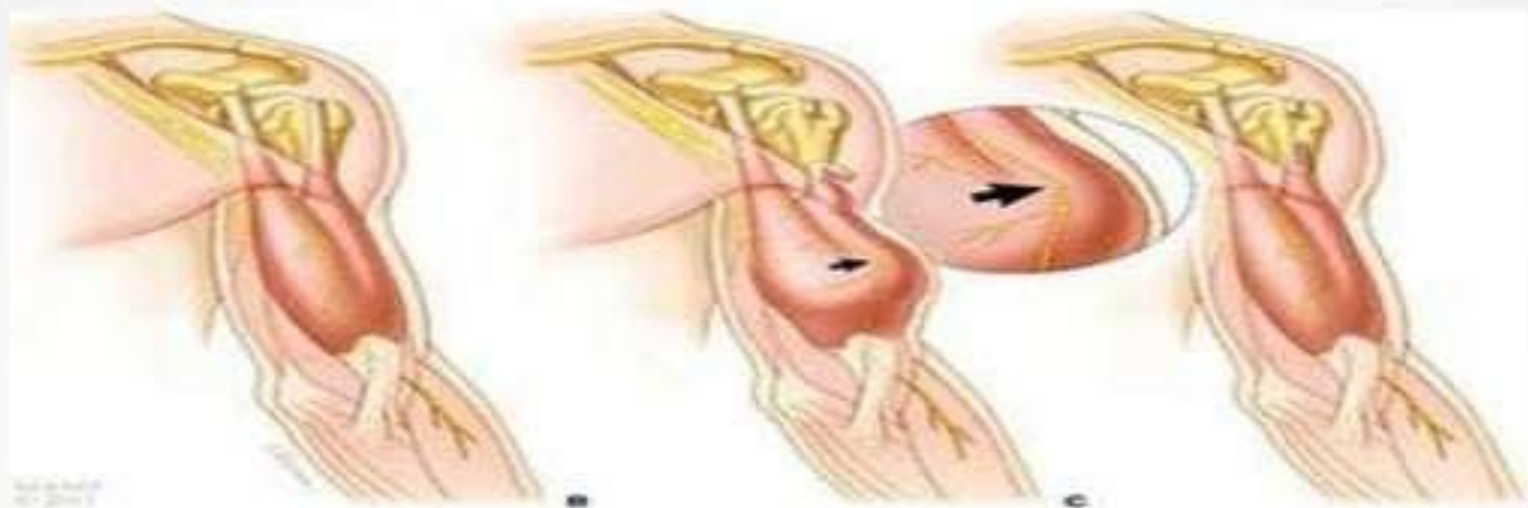


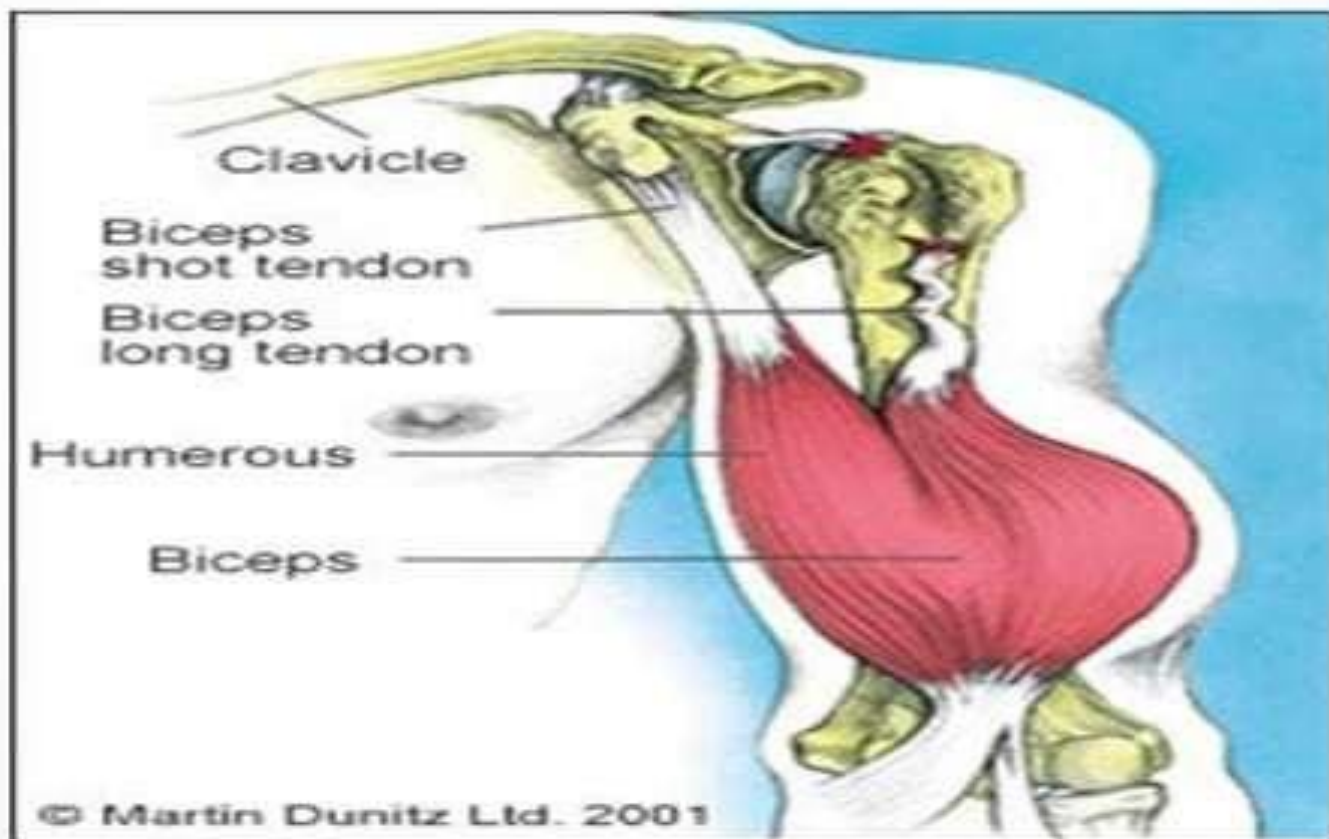
Shoulder
and
arm
weakness



A biceps tendon tear or sprain can cause pain and tenderness in the front of the shoulder. These tears or sprains are rare. Pain will be at the front of the shoulder and may radiate down your arm.







DOCTOR'S MANAGEMENT

CONSERVATIVE

- NSAID
- Ice
- Rest
- Physical therapy

SURGICAL

- Incision
- Tenodesis
- acromioplasty

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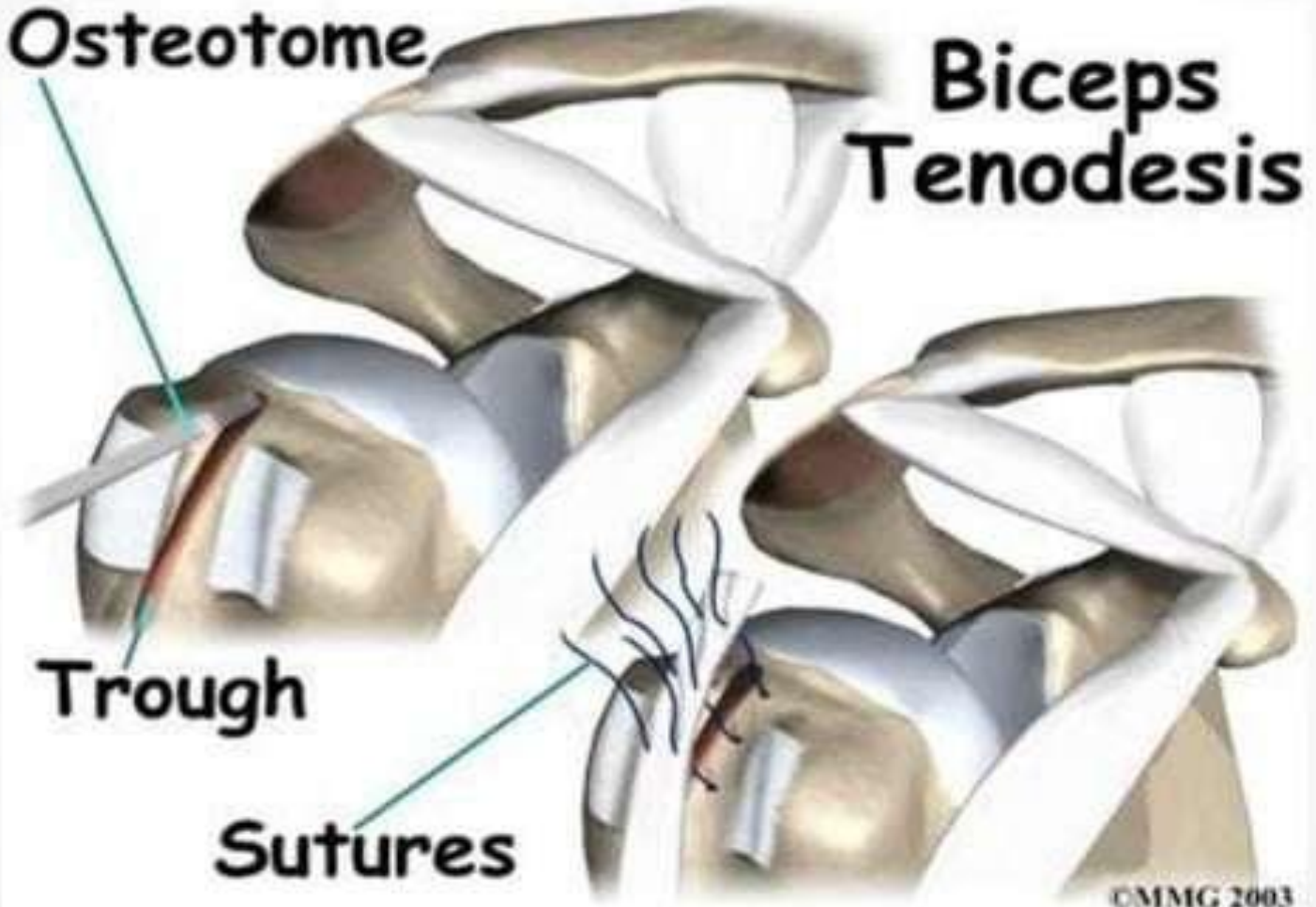
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Osteotome

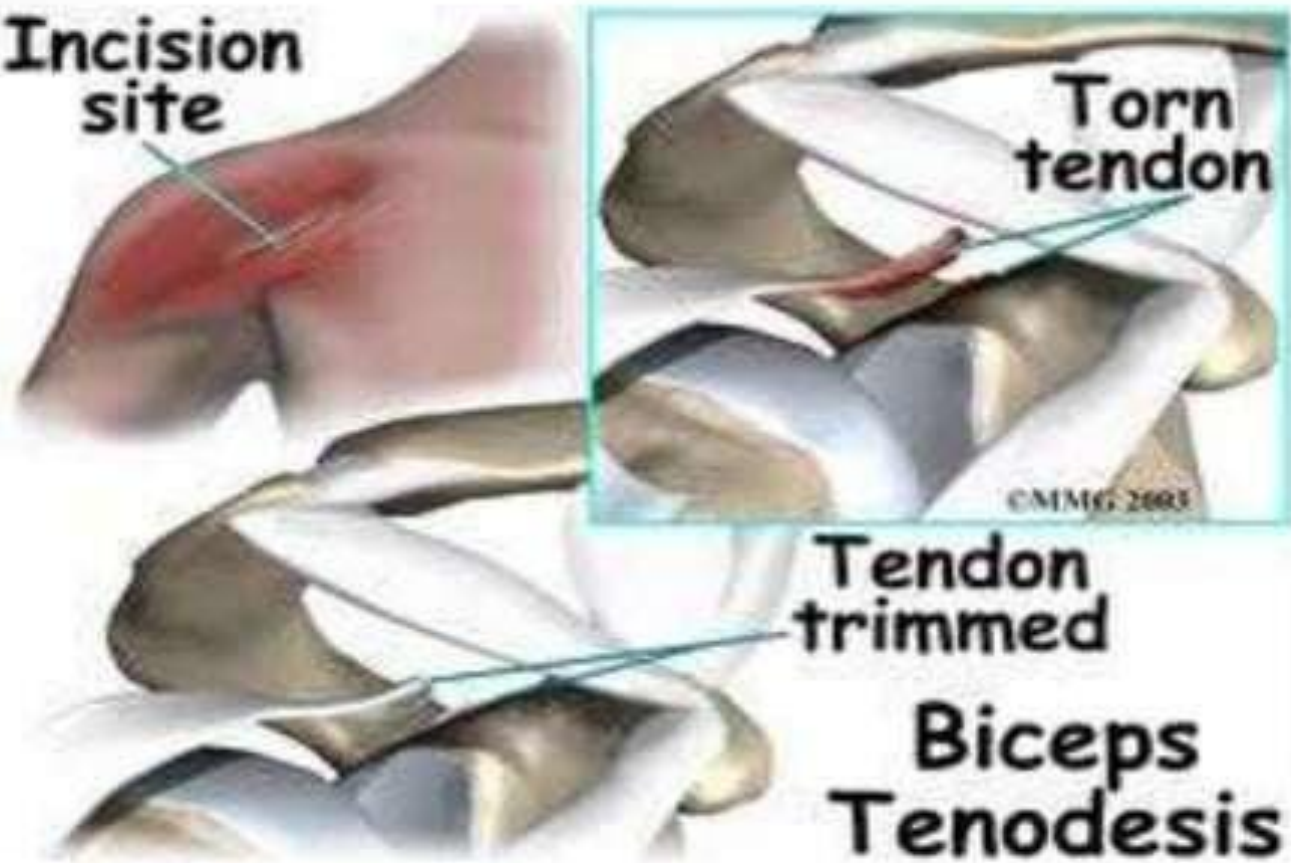
**Biceps
Tenodesis**

Trough

Sutures



**Incision
site**



PHYSIOTHERAPY MANAGEMENT

After proximal biceps tendon repair (complete rupture long head of the biceps)

(by Wilk)

- Shoulder brace/immobilizer for 4 week
- Pendulum
- Active-assisted ROM elbow 0 – 145 degrees with gentle ROM into extension
- Shoulder isometrics for 10 – 14 days
- Shoulder active – assisted ROM L-bar external and internal rotation in scapular plane

- Shoulder passive ROM :flexion,external and internal rotation

4 weeks

- Light shoulder PREs

8 weeks

- Progress to isotonic program
- Bench press
- Shoulder press

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REFERENCES

- Kevin E. Wilk, P.T., S. Brent Brotzman, M.D. (2003), Clinical Orthopaedic Rehabilitation, second edition, Mosby, Inc., Philadelphia, Pennsylvania
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- Shoulder%20Conditions%20%20%20Biceps%20Rupture%200%20%20Houston%20Methodist%20Orthopedics%20&%20Sports%20Medicine%20in%20the%20Greater%20Houston%20Area,%20TX.htm

THANK YOU!!