



UNDERSTANDING YOUR SURGERY

Distal Biceps Repair & Reconstruction

Overview

The distal biceps tendon attaches your biceps muscle to the forearm bone. It usually ruptures during a sudden lifting effort. This operation reattaches the tendon, restoring elbow-bending strength and the ability to turn the palm upward.

About Your Procedure

Why this surgery is recommended

- A complete distal biceps tendon rupture (sudden pop and bruising)
- Significant weakness bending the elbow or turning the palm up
- Surgery restores strength that is otherwise permanently lost

What happens during surgery

- One or two small incisions at the front of the elbow
- The tendon reattached to the forearm bone with a button, screw or anchors
- The superficial radial nerve and the lateral cutaneous nerve of the forearm are identified and protected
- General anaesthetic; usually a day procedure

After Your Surgery

- Sling for comfort only — start moving the elbow from **Day 1**
- Gentle active movement straight away (unweighted)
- No resisted bending or palm-up twisting until **Week 8**
- No lifting, carrying or pushing for 8 weeks
- No driving for **6 weeks** after surgery

Important precautions:

- Turning the palm upward against resistance must wait until **Week 8** — it directly loads the repair
- Early gentle movement from **Day 1** is safe and evidence-based
- Signs of re-rupture (a sudden pop, sudden weakness) need urgent review
- Return to heavy work or contact sport: minimum 6 months

Your Recovery at a Glance

WEEKS 0–3

Sling for comfort. Gentle movement. No resistance

WEEKS 3–8

Progressive range. Shoulder strengthening

WEEKS 8–16

Light biceps curls. Building supination strength

MONTHS 5–6

Return to heavy manual work and contact sport

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
