

**1. Introduction and Who Guideline Applies to**

This guideline is aimed at **all health care professionals** who are faced with managing **Distal Biceps Ruptures**.

Distal biceps tendon (DBT) conditions are a spectrum of disorders that include bicipitoradial bursitis, partial tears, acute and chronic complete tears.

In low-demand patients with complete tears, non-operative treatment may be entertained provided the patient understands the potential for residual weakness, particularly in forearm supination.

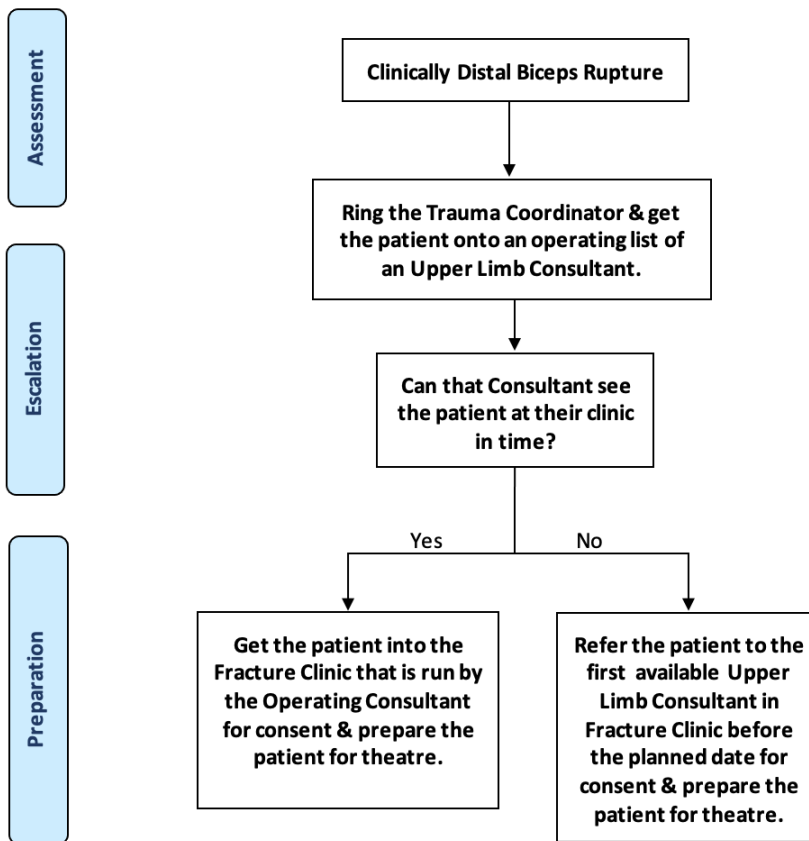
Most acute tears are best treated by urgent (<1 week) primary repair and fixation with good clinical outcomes.

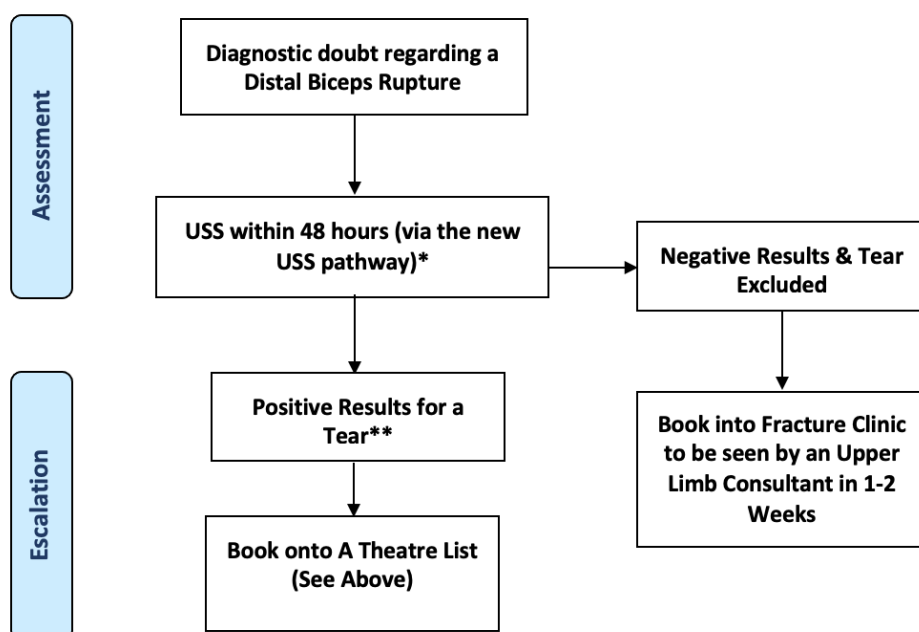
Some chronic tears may be repaired, provided tendon tissue can be identified; alternatively, autograft or allograft reconstruction can be considered, and good outcomes have been reported with both techniques.  
(1)

**2. Guideline Standards and Procedures**

In all Trauma Cases perform an assessment as per the ATLS protocols with investigations dictated by the nature of the injury.

**When a distal tendon biceps rupture is clinically suspected, please proceed as below:**





\*Request on ICE and mark as 'USS required for urgent surgical planning' (there should be a box on the form for this). Notes to be placed in triage office in the tray marked for urgent USS requests.

\*\*USS report will come back to the mail box and will go into the PRISM box for the 'hot cons' to review.

#### 4. Monitoring Compliance

What will be measured to monitor compliance	How will compliance be monitored	Monitoring Lead	Frequency	Reporting arrangements
Delays to Referrals & Review	No Delays in Referrals or Review	Miss Alison Armstrong	3 Months	Formal Report every 3 Months

#### 5. Supporting References

NONE

#### 6. Key Words

Hand, Arm, Upper Limb, Trauma, Tendon Rupture, Injury, Services, Referral

CONTACT AND REVIEW DETAILS	
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<b>Details of Changes made during review: Awaiting Review</b>	

## REFERENCES

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1. Alentorn-Geli E, Assenmacher AT, Sánchez-Sotelo J. Distal biceps tendon injuries: A clinically relevant current concepts review. EFORT Open Rev. 2017;1(9):316-324. Published 2017 Mar 13. doi:10.1302/2058-5241.1.000053