



## Possible Biceps Tendon Injury

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Doncaster  
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Tel: 01302 644665

### **You will be followed up by the consultant.**

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

### **You have sustained a possible injury to your biceps tendon where it inserts into the shoulder.**

This normally takes 6 weeks to heal, but soft tissue injuries can persist for up to 3 months. In some occasions this injury may need surgical repair. For this reason we have referred you to be reviewed by a shoulder specialist within two weeks of your injury to discuss your management plan.

You may use the arm in the meantime and indeed it is important to keep the shoulder moving to prevent stiffness but not to aggravate it. Use the sling (if provided) for comfort only, and try to wean out of this as soon as possible. Take pain killers as prescribed. You may find it more comfortable to sleep propped up with pillows.



If you are worried that you are unable to follow this rehabilitation plan,

**Or**, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

**Or**, have any questions, then please phone the number at the top of this letter for advice.

You have been referred to fracture clinic within 2 weeks post injury. During this appointment the consultant will talk you through the next stage of your rehabilitation.

If you have not received this appointment within one week of receipt of this letter please contact the booking team on Tel: 01302 642500.

### **Smoking cessation**

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website:  
<http://smokefree.nhs.uk> or discuss this with your GP.

Please follow the Management/rehabilitation plan shown below:

Weeks since injury	Rehabilitation Plan
0-2	Wear the sling during the day except for exercises and personal hygiene. It is your choice if you wish to wear it at night. Start the Initial exercises. Do not lift your elbow above shoulder height as this may be painful.
3-6	Try not to use the sling and begin normal light activities with the arm and shoulder. Increase movement as shown in the Stage 2 exercises. You should avoid heavy lifting for the full 6 weeks.
6-12	The fracture should be largely united (healed) and you can resume normal activity but be governed by any pain you are experiencing. You should be able to carry out day to day activities although arduous tasks may cause discomfort. Start to lift your arm over-head.
12	<b>If you are still experiencing significant pain and stiffness then please contact us for further consultation.</b>

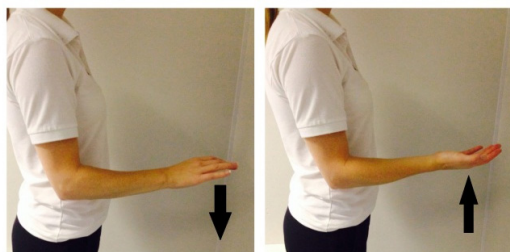
### Initial Exercises to do 4-5 times a day:

If you have stiffness in your elbow or hand from wearing the sling, you may wish to perform these exercises first. However, once they become easy you can start with the posture and pendulum exercises.



#### Elbow Bend to Straighten

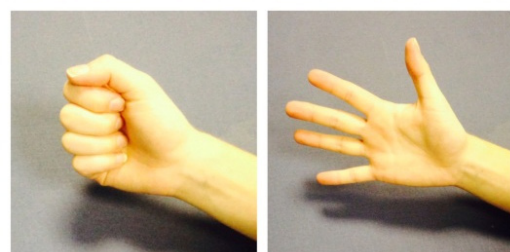
Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.



#### Forearm Rotations

Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.

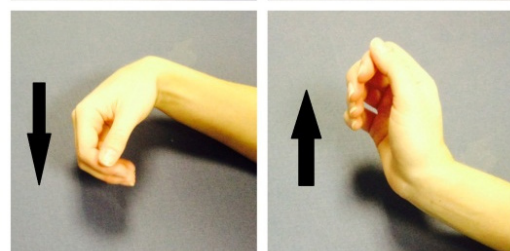
Repeat 10-15 times provided there is no increase in symptoms.



#### Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times. After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times.

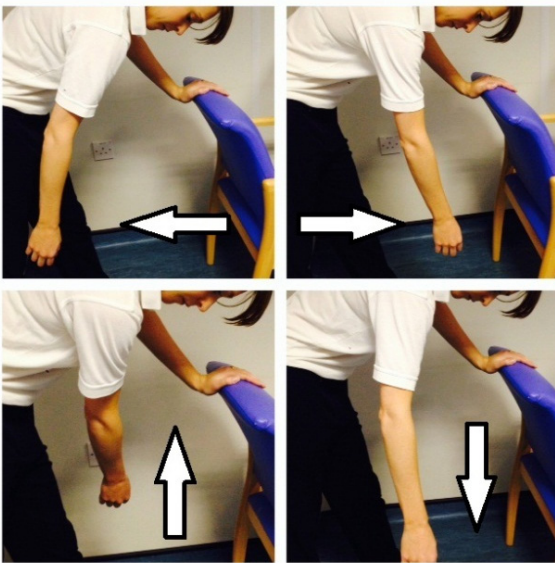
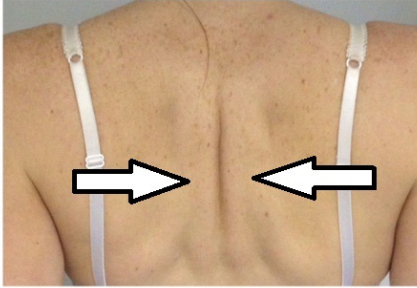




### Postural awareness

Bring your shoulders back and squeeze your shoulder blades together as shown in the picture. Do this with or without your sling on.

Hold the position for 20-30 seconds and repeat 5 times provided there is no increase in symptoms.



### Shoulder pendulum exercises

Stand and lean forward supporting yourself with your other hand. Try to relax your injured arm and let it hang down.

- 1.Swing your arm slowly and gently forwards and backwards.
- 2.Swing your arm slowly and gently side to side.
- 3.Swing your arm slowly and gently in circles clockwise.

Continue for approximately 1-2 minutes in total provided there is no increase in symptoms. Remember to try and relax your arm.

### Stage 2 exercises to do 4-5 times a day

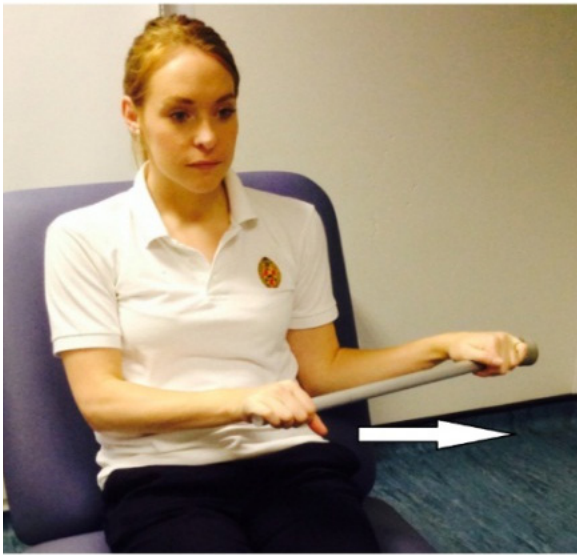
#### To start at 3 weeks:



### Active assisted Shoulder flexion

Use your other hand to lift your arm up in front of you as shown in the pictures.

Repeat 10 times provided there is no increase in symptoms.



### **Active assisted External rotation**

Keep the elbow of your injured arm tucked into your side and your elbow bent. Hold onto a stick/umbrella/golf club or similar. Use your unaffected arm to push your injured hand outwards. Remember to keep your elbow tucked in. Push until you feel a stretch.

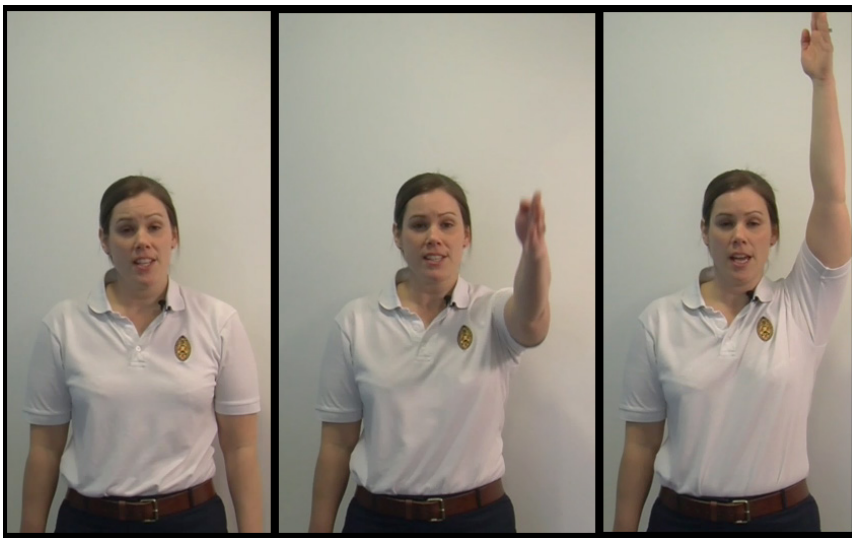
If you don't have a stick you could simply hold the injured arm at the wrist and guide it outwards.

Hold for 5 seconds then return to the starting position. Repeat 10 times provided there is no increase in symptoms.

## **Stage 3 exercises to do 4-5 times a day**

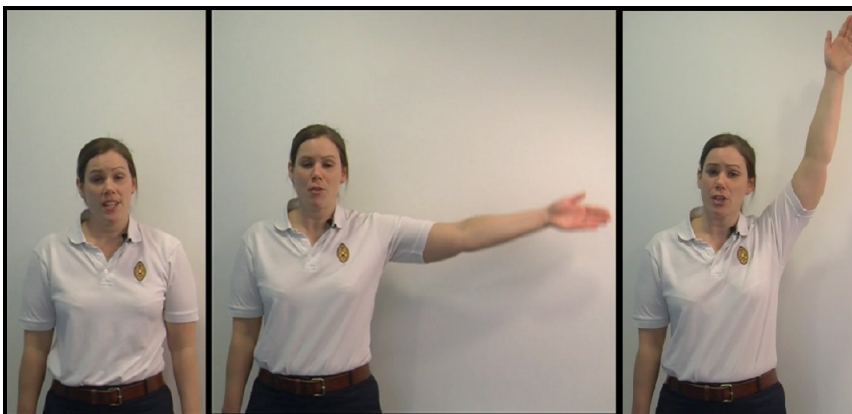
### **To start at 6 weeks:**

When you have regained full range of movement during the above exercises without pain you can start to do the exercises without the support of your other hand; this is known as active range of movement. Then when you have regained your full range of movement without the support of the other arm you can start to build up your regular activities.



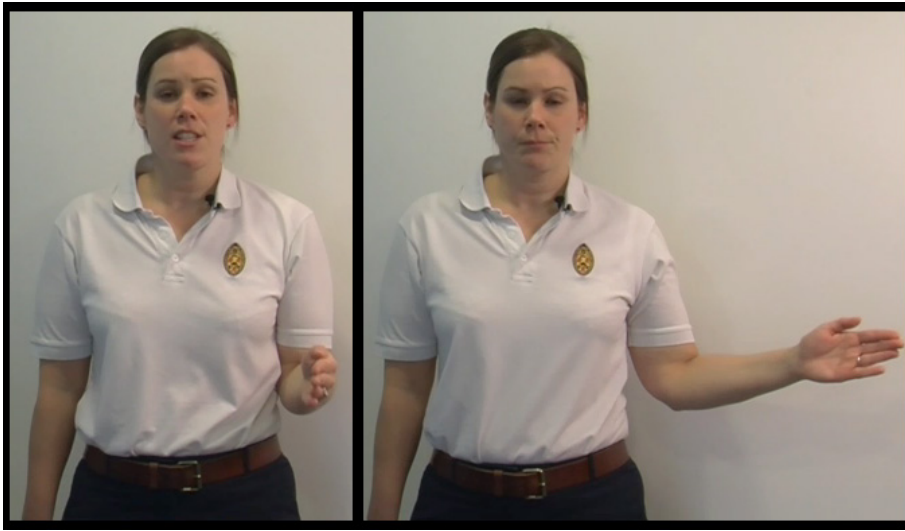
### **Active Forward flexion:**

With your thumb facing up, try to move your arm up, keeping it close beside your body.



### **Active Abduction**

With your thumb facing up and outwards, try to move your arm in a big arc out to the side.



### **Active External rotation**

With your elbow by your side, rotate your forearm outwards, keeping your elbow at about 90 degrees in flexion.

Repeat all of these 3 exercises 10 times each, 4-5 times a day.

Only go as far as you can naturally, without doing any trick movements to try and get further. This will increase over time and should not be forced.

If you are having problems progressing with the exercises and have a follow-up consultation booked, please do let the clinician know so that they can review the exercises and refer you on to Physiotherapy if necessary.

If you are on an independent management programme, then please contact us using the number at the top of the letter so that we can also arrange physiotherapy for you.