

INFORMATION FOR PATIENTS

Biceps tendon reinsertion

Inserts at radial tuberosity and bicipital aponeurosis

Please follow the advice below to aid with your recovery:

- **0 to 2 weeks** - plaster.
- **4 weeks** - active assisted pronation/supination.
- **2 to 6 weeks** - sling and intermittent assisted active flexion/extension (full).
- **6 weeks to 3 months** - active flexion/extension.
- **3 to 6 months** - strengthening.
- **6 months** - back to manual work.

Biceps action:

1. Supinates forearm at radioulnar joints.
2. Flexes forearm at elbow joint.
3. Flexes arm at shoulder joint.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.