

Triceps Brachii Tendon Rupture

What is it?

A partial or complete tear of the triceps brachii tendon at the back of the upper arm

What causes it?

Falling onto an outstretched hand, with the elbow in mid-flexion. Excessive weight lifting. Health conditions like hyperparathyroidism or diabetes mellitus.

Symptoms

Muscle spasms, pain, swelling, restricted movement.

Top Tips

Ice and immobilise as soon as possible. Seek medical advice.

How to Treat it

RICER. Immobilisation.



Rehab

Surgery to repair tendon. Strength, flexibility and range of movement exercises.

Definitions

Ligament – fibrous connective tissue which connects bones to other bones

Medial collateral ligament – stabilises elbow by connecting upper and lower arm

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Triceps Brachii Tendon Rupture
- Tennis Elbow (Lateral Epicondylitis)
- Golfer's Elbow (Medial Epicondylitis)
- Thrower's Elbow
- Elbow Bursitis (Olecranon Bursitis)

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