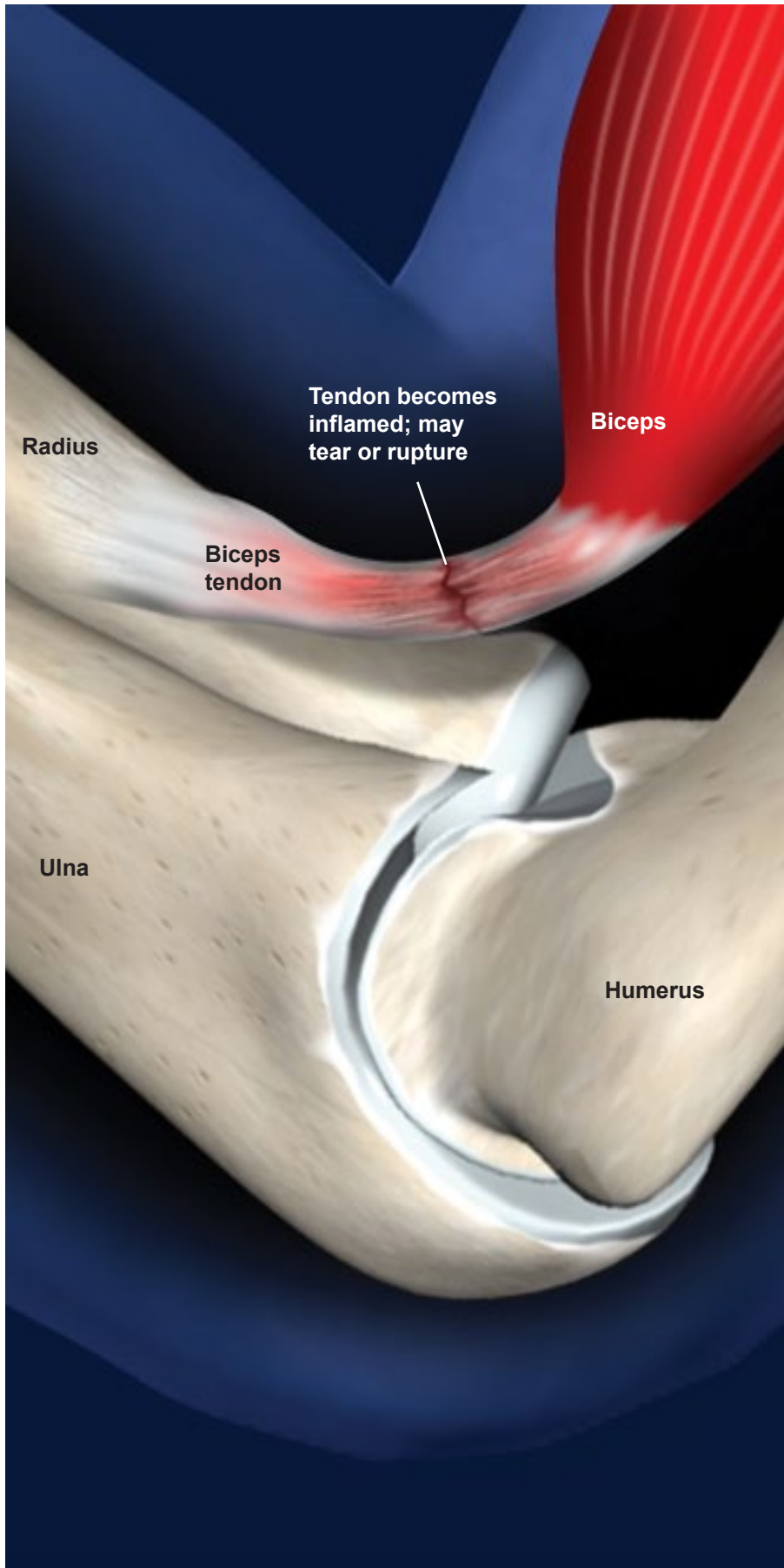


INFLAMMATION OF THE BICEPS TENDON AT THE ELBOW



Overview

This condition is an inflammation of a part of the tendon that connects the biceps muscle to the radius bone at the elbow.

Causes

The distal biceps tendon can become inflamed when it is overused during certain physical activities such as rowing or lifting weights. In severe cases, the tendon may tear or rupture.

Symptoms

Symptoms of an inflamed distal tendon can include pain (when the arm is bent or when writing), and thickening and redness over the tendon on the inner side of the elbow. A ruptured tendon may cause a bulging of the biceps muscle and weakness when flexing or rotating the arm.

Treatment

Treatment options for an inflamed tendon may include rest, ice, heat, anti-inflammatory medications and therapy. A rupture of the tendon may require surgery.