Tendon Injury

Your exam shows that you have an injured tendon. Tendons are cords that connect muscle to bone. They can be cut by sharp objects, or they can rupture with high stress activities. **Complete tendon ruptures in the upper or lower extremity may require a surgical repair.** However, rupture of the biceps tendon at the shoulder is a common injury that is usually not treated with surgery. Partial tendon lacerations may also be treated without an operation if they are immobilized long enough for the tendon to heal. A splint, bandage, or cast is usually applied to immobilize the area of injury.

Whether surgery is needed or not, most tendon injuries require splinting for 1-2 months before they are completely healed. It is very important that these injuries be protected until then. Incomplete tendon healing or a re-injury can lead to permanent disability or deformity. **Do not remove your splint or bandage until your doctor tells you to.** Keep the injured area elevated and take your medicine as prescribed. See your caregiver for follow-up as advised.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Increased pain or swelling.
- An inability to move the injured area such as a hand, foot, arm or leg.
- A pale or bluish color of the injured area.

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