

Biceps Tendonitis and Tendinopathy



Scan this QR Code to access a detailed video that enhances the information in this handout. It includes step by step guidance and visual demonstrations for each exercise.

What is biceps tendonitis?

Biceps tendonitis is a condition characterized by inflammation of the biceps tendon, which connects the biceps muscle to the bones in the shoulder and elbow. Biceps tendinopathy refers to the degeneration of the tendon due to repetitive stress over time.

These conditions result from overuse, repetitive motion, or sudden injury, leading to pain, tenderness, and limited movement in the shoulder area. Symptoms may include a sharp pain at the front of the shoulder, which can extend down the arm, and discomfort when lifting, pulling, or performing overhead activities.

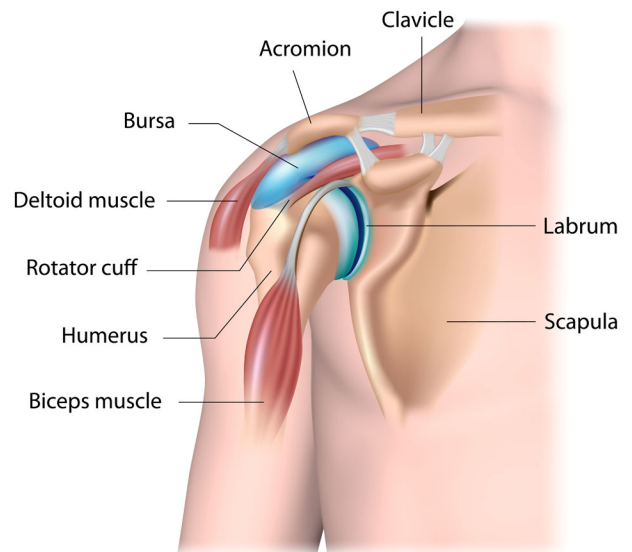
How is it treated?

Treatment typically involves rest, ice, and, in some cases, medications or injections to reduce pain and inflammation, with the aim of restoring normal function and preventing recurrence. A rehabilitation program emphasizing strength, mobility, and balance around the shoulder is crucial to recovery. Prevention includes proper technique during activities and avoiding repetitive overhead motions that could strain the tendon.

How long is the recovery?

Recovery time depends on severity. Symptoms often improve within a few weeks of starting treatment. However, full recovery, particularly for chronic or severe cases, can take several months.

Resuming sports or activities should be gradual and based on pain tolerance. Avoid symptom triggering activities until pain is well-managed. Begin with light weight exercises and gradually increase intensity.

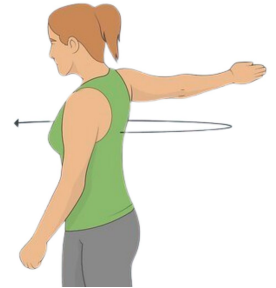


Biceps Tendon Rehabilitation Exercises

Consistent rehabilitation can accelerate recovery and prevent recurrence. The following program should be done 3 times per week for at least 6-8 weeks.

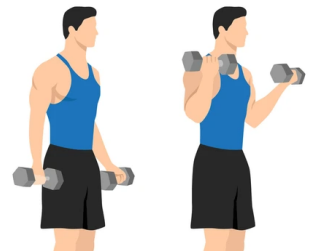
Biceps Stretch

- Objective: improve mobility and relieve tension
- Stand facing a wall or sturdy object. Raise your arm out to the side and place it against the wall. Keeping your elbow straight, rotate your body in the opposite direction until you feel a stretch in your biceps. Hold this for 30 seconds. Do this 2 times.



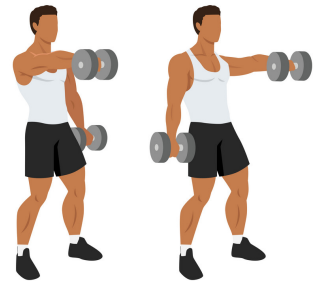
Biceps Curl

- Objective: improve strength in the biceps
- Grip the weight in your hand and bend your elbow so that your hand moves toward your shoulder. Hold briefly at the top then return to the starting position. Perform 2 sets of 15 repetitions.



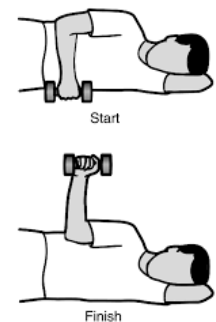
Shoulder Forward Flexion

- Objective: strengthen anterior deltoid and rotator cuff
- Stand with feet shoulder width apart. Hold a dumbbell and slowly lift upwards in front of you until the weights are at shoulder level. Pause briefly at the top, and then gradually lower to the starting position. Perform 2 sets of 15 repetitions.



Shoulder External Rotation

- Objective: strengthen shoulder external rotators
- Lie down on your unaffected shoulder. Bend your elbow to 90 degrees. Keep the elbow pressed to your side and raise the dumbbell or resistance band by rotating the shoulder outwards. Pause briefly at the top and then gradually lower to the starting position. Perform 2 sets of 15 repetitions.



Shoulder Internal Rotation

- Objective: strengthen shoulder internal rotators
- Lie on your affected shoulder. Bend the elbow to 90 degrees. While keeping the elbow close to your body, raise the dumbbell or resistance band by rotating the shoulder inwards. Pause briefly at the top and then gradually lower to the starting position. Perform 2 sets of 15 repetitions.

