

BICEPS TENDON INJURY EXERCISES

- Active elbow flexion and extension: Gently bring the palm of the hand on your injured side up towards your shoulder, bending your elbow as much as you can. Then straighten your elbow as far as you can. Repeat 15 times and do 2 sets of 15.
- Biceps stretch: Stand facing a wall (about 6 inches away from the wall). Raise your injured arm out to your side and place the thumb side of your hand against the wall (palm down). Keep your arm straight. Rotate your body in the opposite direction of the raised arm until you feel a stretch in your biceps. Hold 15 seconds. Repeat 3 times.
- Bicep curl: Stand and hold some kind of weight (soup can or hammer) in your hand. Bend your elbow and bring your hand (palm up) toward your shoulder. Hold 5 seconds. Slowly straighten your arm and return to your starting position. Do 2 sets of 15.
- Single-arm shoulder flexion: Stand with your injured arm hanging down at your side. Keeping your arm straight, bring your arm forward and up towards the ceiling. Hold this position for 5 seconds. Do 2 sets of 15. As this exercise becomes easier, add a weight.
- Resisted shoulder internal rotation: Stand sideways next to a door with your injured arm closest to the door. Tie a knot in the end of the tubing and shut the knot in the door at waist level. Hold the other end of the tubing with hand of your injured arm. Bend the elbow of your injured arm 90 degrees. Keeping your elbow in at your side, rotate your forearm across your body and then back to the starting position. Make sure you keep your forearm parallel to the floor. Do 2 sets of 15.
- Resisted shoulder external rotation: Stand sideways next to a door with injured arm farther from the door. Tie a knot in the end of the tubing and shut the knot in the door at waist level.. Hold the other end of the tubing with the hand of your injured arm. Rest the hand of your injured arm across your stomach. Keeping your elbow in at your side, rotate your arm outward and away from your waist. Make sure you keep your elbow bend 90 degrees and your forearm parallel to the floor. Repeat 10 times. Build up to 2 sets of 15.
- Side-lying external rotation: Lie on your uninjured side with your injured arm at your side and your elbow bent 90 degrees. Keeping you elbow against your side, raise your forearm towards the ceiling and hold for 2 seconds. Slowly lower your arm. Do 2 sets of 15. You can start doing this exercise holding a soup can or light weight and gradually increase the weight as long as there is not pain.