



Biceps Tendinitis

Biceps tendinitis refers to inflammation of one of the biceps tendons as it crosses the front part of the shoulder joint. The word biceps is Latin for “two-headed” and describes the muscle anatomy which splits into two separate muscles and tendons. One of these crosses the front of the shoulder between the muscles that stabilize the shoulder known as the rotator cuff. Repetitive motions that tighten this muscle such as cocking maneuvers performed by pitchers or repetitive lifting in front of the body along with degeneration of the tendon may cause inflammation around the tendon and within the groove in front of the shoulder where the tendon passes.

As with most inflammatory conditions, treatment is focused at first decreasing the amount of inflammation. This can be performed with appropriately prescribed anti-inflammatory medication or ice to the area four times daily for 20 minutes. You and your surgeon may consider an injection with a steroid such as cortisone. Despite treating the inflammation, the problem is only partially solved and may return without properly stretching and strengthening the shoulder muscles and modifying any provocative activities.

We have assembled a series of stretches and exercises which have proven clinical benefits in treating biceps tendonitis. Please visit our website www.floridajointcare.com/PT to view our instructional videos created by our surgeons and therapists to correctly perform these stretches and exercises at home.

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Home Exercise Program

Follow along with instructional videos on our website www.floridajointcare.com/PT

1. Active resisted internal rotation – perform 20 repetitions, perform twice daily
2. Active resisted external rotation – perform 20 repetitions, perform twice daily
3. Active resisted extension – perform 20 repetitions, perform twice daily
4. Active shoulder retraction – perform 10 repetitions, perform twice daily
5. Shoulder abduction exercises – perform 10 repetitions, perform twice daily

* May adjust number of repetitions and number of sets as tolerated. May reduce range of motion for each exercise until motion improves.