



CHIROMOVEMENT MUSCLE AND JOINT CLINIC

BICEP TENDONITIS EXERCISES

Bicep Tendonitis often appears as pain in the front of the shoulder. It typically happens with overuse (especially during overhead activities) or with trauma injuries such as a fall.

It is important to rest from activities that caused the initial injury, seek treatment, and to strengthen the injured tissue.



DISCLAIMER

This program is a generalized set of education and exercises meant to build strength, develop functionality, improve proprioception, aid with proper warm-up before activity, and address imbalances that may predispose us to injury.

This program was not built for the purpose of diagnosing or provide highly specific treatment.

Do not perform any exercise that causes pain.

If progress or improvement is not seen with the provided exercises. Seek medical care from a licensed practitioner.

ChiroMovement: Bicep Tendinitis

Exercises



Codman Pendulums

Scapular Controlled Articular Rotations

Bear Hugs

YTWL

Low Rows

Anterior Shoulder/Bicep Stretch

Side Lying External Shoulder Rotation

Elbow Pronation & Supination

*Video discusses elbow tendonitis, but this exercise is used for bicep tendonitis as well.

Supinated Long-Lever Front Raises

Uppercuts

Dumbbell Eccentric Bicep Curls

Banded Eccentric Bicep Curls

ChiroMovement: Bicep Tendonitis



ChiroMovement strongly recommends that you consult your physician before participating in an exercise regime to ensure good standing and ability to safely complete exercises.

These exercises and videos are not meant for the purposes of diagnosing or examining medical conditions of any kind, or in determining the effect of any specific exercise on any medical condition. You should understand that when participating in any exercise, there is the possibility of physical injury. If pain or injury occurs you should consult your physician.

If you engage in shown exercises, you agree that you do so at your own risk and by voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ChiroMovement from any and all claims or causes of action, known or unknown.