

Biceps Tendonitis Exercises

This handout is designed to guide you through a series of exercises aimed at alleviating shoulder pain, improving function, and promoting the healing of the biceps tendon and surrounding muscles. Following these exercises regularly can help restore strength and mobility to the injured arm and reduce the risk of further strain.

The goals of these exercises are to:

- Relieve pain and inflammation in the biceps tendon and shoulder joint
- Improve mobility and flexibility in the shoulder blade and arm
- Strengthen the biceps muscle, rotator cuff, and supporting structures
- Enable a return to daily activities and prevent recurring injuries

Guidelines

- Perform the exercises as directed, following the recommended repetitions and sets.
- Move gently and avoid straining your injured biceps tendon.
- Take breaks as needed and progress gradually.
- If any exercise causes sharp or worsening pain, stop immediately and consult your doctor or physical therapist.

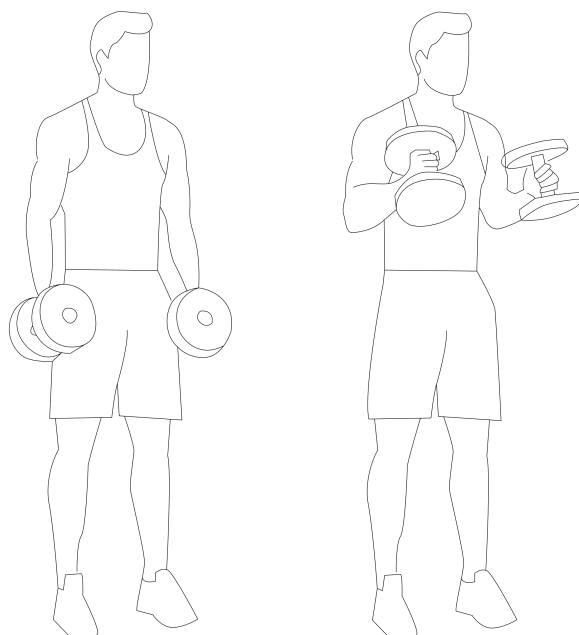
Exercises

1. Biceps curls

Purpose: Strengthens the **biceps muscle** and supports elbow flexion.

What you need: A light dumbbell or tin can

1. Stand upright with your arm at your side, holding a light weight with your palm facing forward.
2. Slowly bend your elbow, lifting the weight toward your shoulder. Keep your upper arm stationary.
3. Lower your arm slowly back to the starting position.
4. Do 10 repetitions, rest, and repeat for 3 sets.

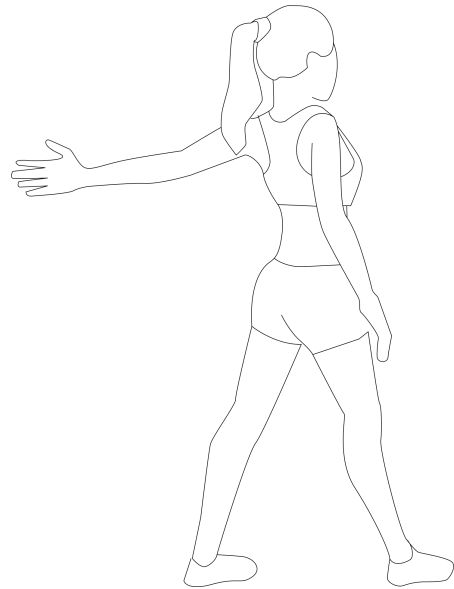


2. Biceps stretch

Purpose: Improves flexibility and reduces tension in the **biceps tendon**.

What you need: A wall

1. Stand about 6 inches away from a wall, raising your injured arm to shoulder height.
2. Rotate your hand forward so your thumb touches the wall and your palm faces downward.
3. Twist your body gently away from the wall until you feel a stretch in your **biceps muscle**.
4. Hold for 15–30 seconds and repeat 3 times.

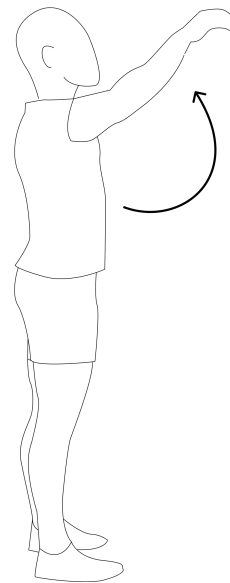


3. Shoulder flexion

Purpose: Improves range of motion in the **shoulder joint** and strengthens the surrounding muscles.

What you need: None

1. Stand upright with your arm by your side and palm facing your thigh.
2. Slowly raise your arm straight in front of you until your fingers point toward the ceiling.
3. Hold for 5 seconds, then lower your arm back down.
4. Perform 10 repetitions. Complete 3 sets throughout the day.

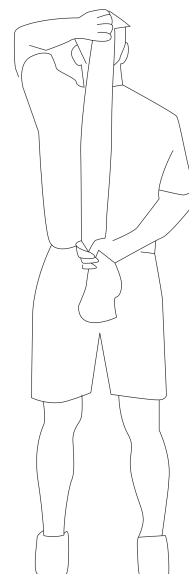


4. Shoulder internal rotation

Purpose: Improves mobility and relieves stiffness in the **shoulder joint**.

What you need: A towel or resistance band

1. Drape a towel or band over your non-injured shoulder, holding one end with your uninjured hand.
2. Reach behind your back with your injured arm to grab the other end of the towel.
3. Use your uninjured hand to gently pull the towel upward, stretching your injured shoulder.
4. Hold for 30 seconds and release. Repeat twice daily.

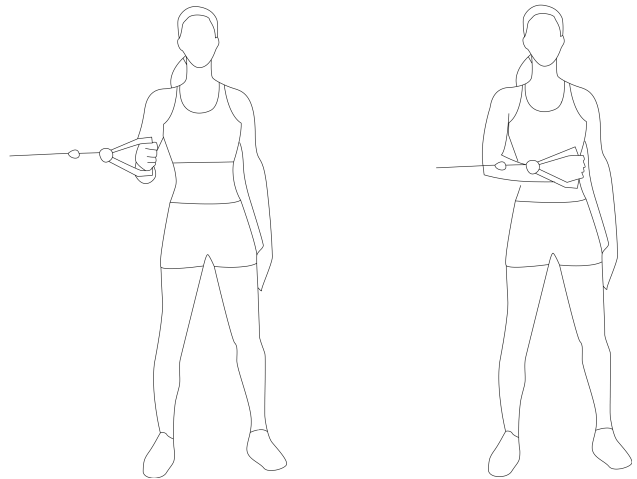


5. Shoulder external rotation

Purpose: Strengthens the rotator cuff and stabilizes the **shoulder joint**.

What you need: Resistance band

1. Secure a resistance band at **waist height** and hold it with the injured hand. Keep your elbow bent at a 90-degree angle and close to your side.
2. Pull the band outward, rotating your shoulder without moving your elbow.
3. Slowly return to the starting position.
4. Perform 10 repetitions. Repeat for 3 sets.

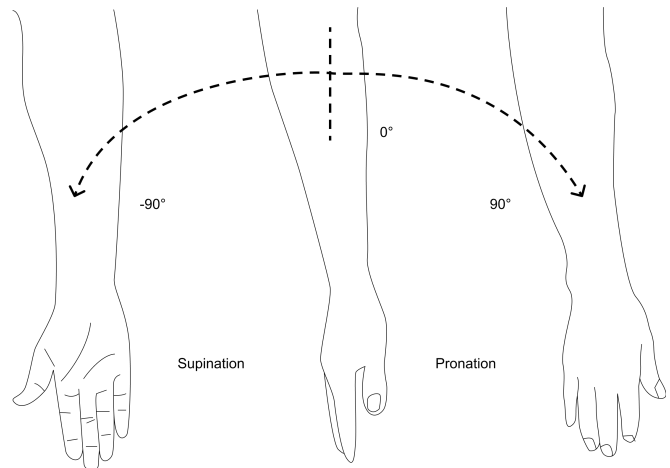


6. Forearm supination and pronation

Purpose: Enhances forearm flexibility and reduces strain on the **biceps tendon**.

What you need: None

1. Sit or stand with your elbow bent at a 90-degree angle, forearm parallel to the floor, and palm facing downward.
2. Slowly turn your forearm so your palm faces upward (supination), hold for 5 seconds, then return to the starting position.
3. Continue turning your forearm so your palm faces downward as much as possible (pronation). Hold for 5 seconds.
4. Return to the starting position.
5. Repeat 10 times. Perform 3 sets daily.

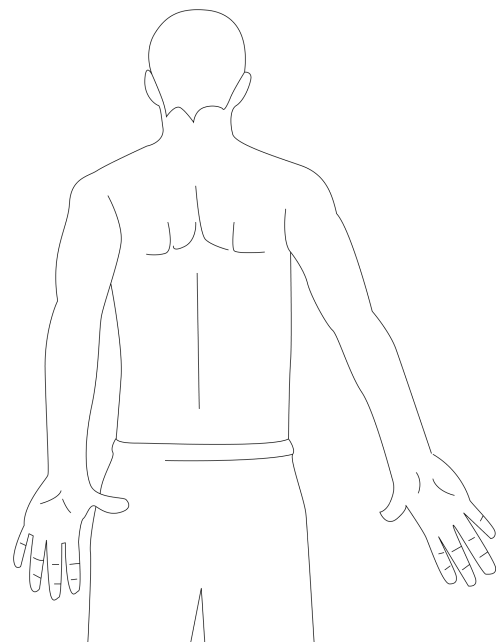


7. Shoulder circle crossover

Purpose: Restores shoulder mobility and coordination.

What you need: None

1. Stand with your arms extended to your sides and palms facing forward.
2. Squeeze your shoulder blades together and move your arms slightly backward.
3. Raise your arms upward, turning your palms forward, and cross them in front of your body.
4. Reverse the motion to return to the starting position.
5. Do 3–6 repetitions for 1–2 sets.



Tips for success

- Perform exercises slowly and with control to avoid straining your **injured arm**.
 - Start with gentle movements and gradually increase intensity as your strength improves.
 - Avoid heavy lifting or overhead activities until cleared by your doctor or physical therapist.
 - Consistency is key—perform the exercises daily or as recommended.
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Additional notes

References

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