

Biceps Tendinitis: Exercises

Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

How to do the exercises

Biceps stretch



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1. Stand and hold your affected arm out to the side, with your hand at about hip level.
2. Gently bend your wrist back so that your fingers point down toward the floor.
3. You may also do this next to a wall and rest your fingers on the wall.
4. For more of a stretch, bend your head to the opposite side of your affected arm.
5. Hold for 15 to 30 seconds.
6. Repeat 2 to 4 times.

Resisted supination



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For this and the following exercises, you will need elastic exercise material, such as surgical tubing or Thera-Band.

1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your palm down, and step on the other end.
3. Keeping your wrist straight, roll your palm outward and away from your thigh for a count of 2, then slowly move your wrist back to the starting position to a count of 5.
4. Repeat 8 to 12 times.

Resisted elbow flexion



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1. Using your affected arm, hold one end of an elastic band in your hand.
2. Place the other end of the band under your foot on the same side of your body as your affected arm.
3. Slowly bend your elbow and bring your hand toward your shoulder. Your palm and the underside of your wrist should be facing up as you pull the band toward your shoulder. Count to 2 as you pull up.
4. Relax and slowly return to your starting position. Count to 5 as you return to the start.
5. Repeat 8 to 12 times.

Resisted elbow flexion at shoulder level



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1. Tie the ends of an exercise band together to form a loop. Attach one end of the loop to a secure object or shut a door on it to hold it in place. (Or you can have someone hold one end of the loop to provide resistance.) The band should be at shoulder level.
2. Stand facing where you have tied or fastened the band.
3. Start with your affected arm held out straight, holding the band in your hand.
4. Slowly bend your elbow to 90 degrees, bringing your hand toward your forehead. Count to 2 as you pull the band toward your head.
5. Relax and slowly return to your starting position. Count to 5 as you return to the start.
6. Repeat 8 to 12 times.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **T886** in the search box to learn more about "**Biceps Tendinitis: Exercises**".

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