

Bicipital Tendinitis

What is it?

Irritation and inflammation of the biceps brachii tendon, which lies on the front of the shoulder and allows bending of the elbow and supination of the forearm.

What causes it?

Poor technique, particularly with weight lifting. Sudden increase in duration or intensity of training. Impingement syndrome. Eg golfers, weight lifters, rowers and throwing sports

Symptoms

Pain over the bicipital groove when the tendon is passively stretched and during resisted supination and elbow flexion. Pain and tenderness along the tendon length. Stiffness following exercise.

Top Tips

Implement RICER as soon as possible

How to Treat it

RICER. Anti-inflammatories and analgesics. Then heat to promote blood flow and healing



Rehab

Rest. Following full recovery, exercises directed at improving flexibility, proprioception, and strength may be undertaken. Warm ups and cool downs. Proper technique during activity.

Definitions

Biceps brachii – a large muscle in the front of the upper arm. Commonly shortened to 'bicep'.

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Tendinitis – inflammation of a tendon

Supination – the outwards rotation of a body part, or facing upwards

Impingement Syndrome – see associated conditions below

Bicipital Groove – a groove in the humerus/upper arm bone

Flexion – movement in the body where the angle between two body parts is decrease

Analgesics – painkillers

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Shoulder Subluxation
- Acromioclavicular Separation
- Sternoclavicular Separation
- Biceps Brachii Tendon Rupture
- Biceps Brachii, Chest Strain
- Impingement Syndrome
- Rotator Cuff Tendinitis (Pitcher's Shoulder)
- Shoulder Bursitis
- Pectoral Muscle Insertion Inflammation
- Frozen Shoulder (Adhesive Capsulitis)

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com