

Biceps Brachii, Chest Strain

What is it?

The sudden extension of a muscle and joint beyond its normal range of function. The chest muscles (pectoralis major and minor) join the biceps brachii muscle at the shoulder joint

What causes it?

Excessive stress or movement placed on the muscle.

Symptoms

Tenderness and pain. Stiffness. Pain during muscle use.

Top Tips

Implement RICER as soon as possible

How to Treat it

RICER. Analgesics and anti-inflammatories. Then heat to promote blood flow and healing



Rehab

Stretching exercises following healing to help restore mobility. Strengthening exercises to prevent re-injury. Proper warm ups and cool downs. Good technique during activity.

Definitions

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

Strain – excessive stress or overload to muscle or tendon.

Analgesics – painkillers

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Shoulder Subluxation
- Acromioclavicular Separation
- Sternoclavicular Separation
- Biceps Brachii Tendon Rupture
- Impingement Syndrome
- Rotator Cuff Tendinitis (Pitcher’s Shoulder)
- Shoulder Bursitis
- Bicipital Tendinitis
- 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