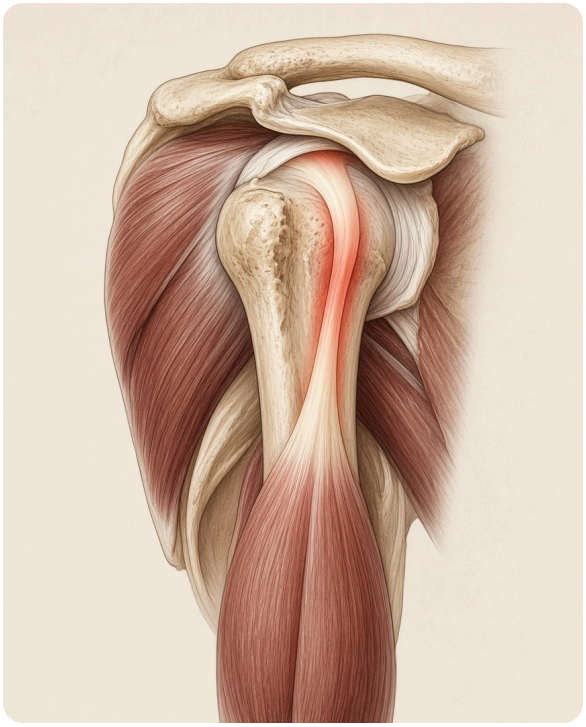
ARMIN PHYSIO



PATIENT GUIDE

Biceps Tendinitis

Pain at the front of your shoulder? It could be your **biceps tendon.**

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What is biceps tendinitis?

The long head of the biceps tendon runs through the front of your shoulder. Biceps tendinitis happens when this tendon becomes irritated or overloaded. Gradually strengthening the biceps, rotator cuff and shoulder blade muscles can help your shoulder handle load again and get you back to normal activity.

QUICK CHECK

Does this sound like you?

- [ ] With your arm straight and **palm facing up**, pain here when **resisting** this motion
- [ ] Pain when **resisting an uppercut motion**
- [ ] Pain in this region when **lifting objects above your head**
- [ ] Pain when **turning your palm upward**
- [ ] **Tenderness** along the front of the shoulder

If you ticked a few boxes, your biceps tendon could be part of the problem. Try the 3 exercises on the next pages.



Pain resisting with the arm straight, palm up



Pain resisting an uppercut motion

YOUR 3 EXERCISES

Try these exercises

1 Band uppercut raise with hold

Loads the front of the shoulder, pain-free





1. Position a band like so. Keep a **slight bend in the elbow**.
2. From here, **bring that band up**, feeling the resistance here.
3. Go as far as you can tolerate with **no pain**. **Hold it** 3, 2, 1.
4. **Down slow** and repeat.

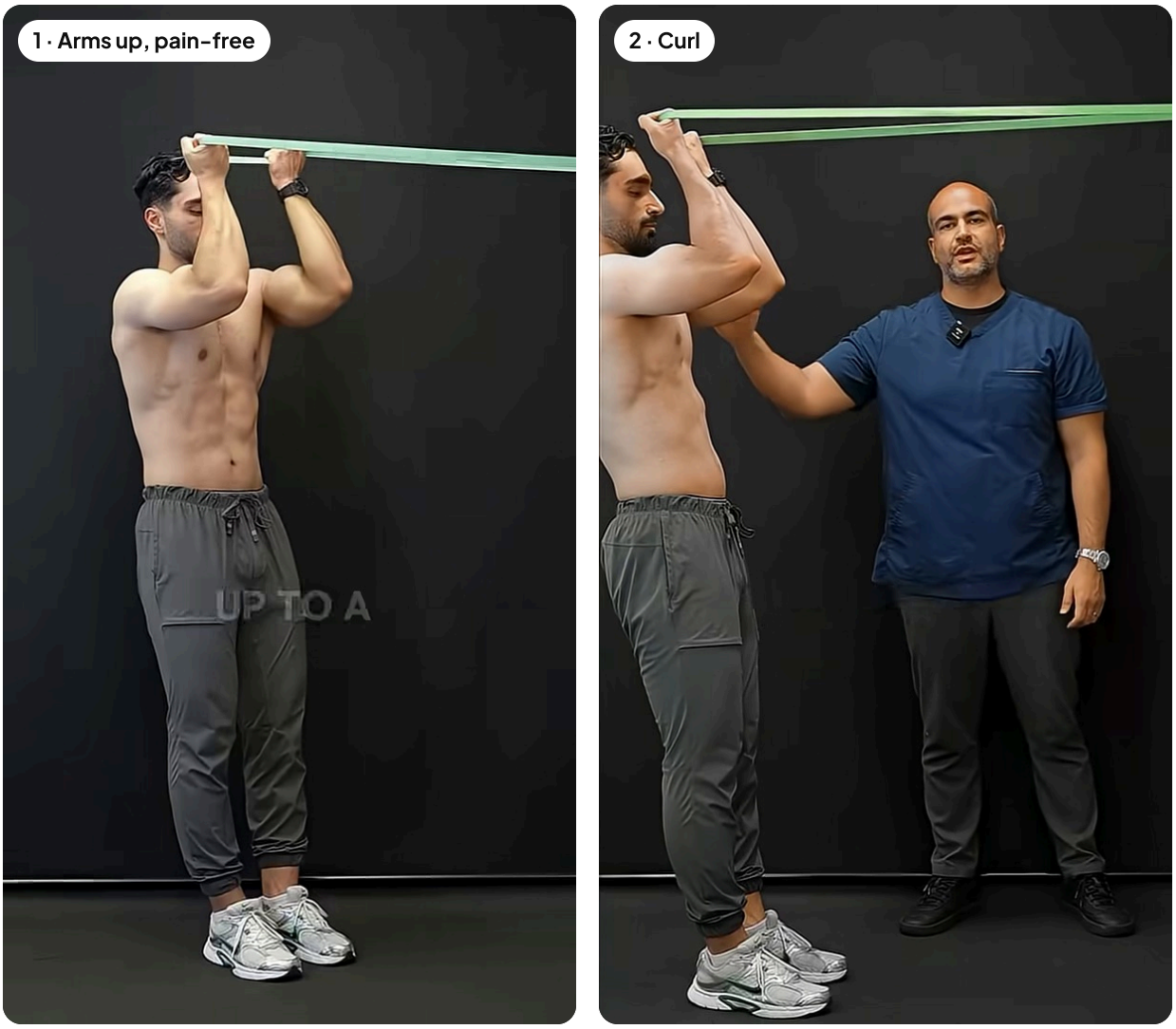
3 sets of 10–15 reps, 3-second hold at the top

Sets and reps from Armin's video description; hold from the video

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

2 Overhead band biceps curl

Strengthens the biceps with the arm up



1. **Bring your arms up** to a point where it's pain-free.
2. From here, do a **biceps curl**.
3. Make sure you're **keeping your shoulders where they are**.
4. **Go back out slowly** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

3 Straight-arm band pull-forward

Works the front of the shoulder through its range





1. With the band anchored behind you, keep your **arm straight** in an extended position, reaching back.
2. From here, go to a **flexed position**, bringing the arm **as close as you can towards your body**.
3. **Come back out.**
4. Stay in a **pain-free range** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Strengthen
Band uppercut raise with 3-second hold, 3 sets of 10–15

02
Strengthen
Overhead band curl, 3 sets of 10–15

03
Strengthen
Straight-arm pull-forward, 3 sets of 10–15

Sets and reps are from Armin's video description; doing it once a day is a suggestion. Stay in a pain-free range and move slowly and with control.

Stop the exercise if you notice

- Sharp, pinching pain that gets worse as you go
- Pain that lingers or is worse the next day
- Numbness, tingling or weakness in your arm

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- Shoulder pain after a **fall or accident**, especially if the shoulder **looks out of place**
- **Chest pain, shortness of breath**, sweating, or pain spreading to your **jaw or arm**
- Suddenly **can't lift your arm** at all, or major weakness that came on quickly
- A shoulder that is **hot, red and swollen**, or shoulder pain with a **fever**
- **Numbness, tingling or weakness** spreading down your arm
- **Constant pain at night** that doesn't ease with rest, or **unexplained weight loss**

Call 911 for chest pain or trouble breathing. For the others, see a doctor right away or go to the nearest emergency department. If your shoulder isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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