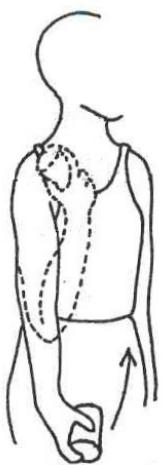


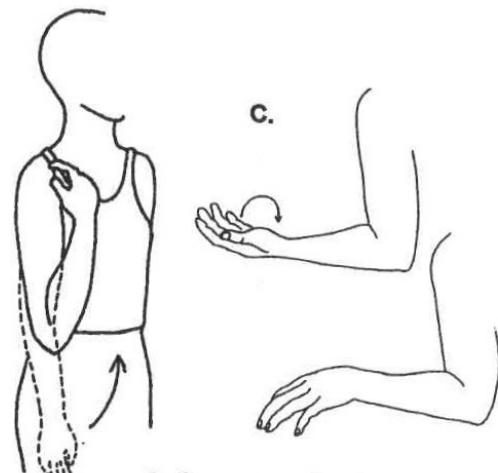
## Biceps Tendonitis Rehabilitation Exercises

### 1. Active range of motion

- A. Flexion: Gently try to bend your elbow, bringing your hand toward your shoulder, palm up. Hold for 5 seconds. Repeat 10 times. Do 3 sets.
- B. Extension: Gently relax your arm out straight. Hold 5 seconds. Repeat 10 times. Do 3 sets.
- C. Pronation and supination: With your elbow bent at a 90-degree angle, move your forearm so your palm faces up and then faces down. Hold each position for 5 seconds. Repeat palm up and palm down 10 times each. Do 3 sets.

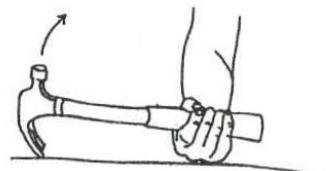


Biceps strengthening

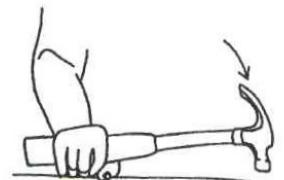


Active range of motion

2. Biceps strengthening: Begin by holding a soup can or similar object in your hand. Bend your elbow by bringing your hand toward your shoulder. Hold 5 seconds. Repeat 10 times. Do 3 sets.

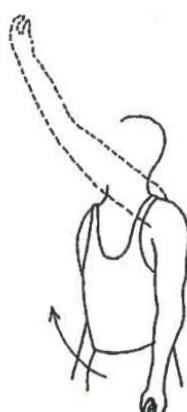


3. Pronation and supination strengthening: Hold a hammer in your hand. With your elbow bent at a 90-degree angle, move your forearm so your palm faces up and then faces down. Hold each position 10 seconds. Repeat palm up and palm down 10 times each. Do 3 sets.

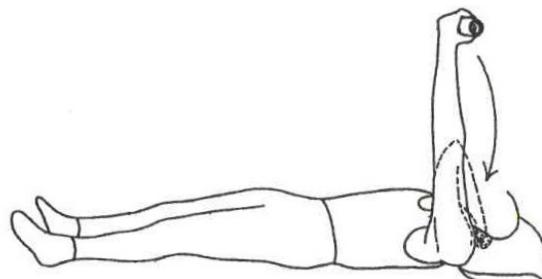


Pronation and supination strengthening

4. Triceps strengthening: Lie on your back with your injured arm pointing toward the ceiling. Hold a light weight in your hand. Bend your elbow completely, so that your hand is resting on the same shoulder and your elbow is pointing toward the ceiling. Straighten the elbow completely so that your hand is pointing toward the ceiling. Return to the starting position. Repeat 10 times. Do 3 sets. Increase the amount of weight when this becomes too easy.



Shoulder flexion strengthening



Triceps strengthening

5. Shoulder flexion strengthening: Stand with your injured arm hanging down at your side. Keeping your elbow straight, bring your arm forward and up toward the ceiling. Hold this position for 5 seconds. Repeat 10 times. Do three sets. When this becomes too easy, hold a weight.