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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Distal Biceps Tendinitis & Elbow: Home Exercises

THE PROGRAM

These exercises load the biceps tendon at the elbow gradually — the slow LOWERING phase is the treatment. Mild ache during exercise that settles within a day is acceptable; sharp pain is not. A sudden pop at the elbow with bruising is a different problem — call the office if that happens. Ice the elbow for 10-15 minutes after exercise if sore.



Eccentric Biceps Curls **3 sets of 10, once daily;** **add weight gradually when easy**

Seated or standing with a light dumbbell, elbow at your side. Curl the weight up (help with the other hand if needed), then lower it SLOWLY — count 3 to 5 seconds on the way down. The slow lowering is the medicine.



Slow Supination/Pronation **3 sets of 10, once daily**

Forearm supported on your thigh, holding a light dumbbell by one end like a hammer. Slowly rotate palm up, then palm down, with control in both directions — the biceps also twists the forearm, so this loads it too.



Biceps Stretch **Hold 20-30 seconds, 3 times, daily**

Standing with your back to a table or counter, place the palm flat behind you on the surface, fingers pointing back, elbow straight. Gently sink down until a stretch is felt in the front of the elbow and upper arm.



Wrist Flexor Stretch **Hold 15-20 seconds, 3 times, daily**

Elbow straight, palm up. With the other hand, gently stretch the wrist backward until a stretch is felt on the inside of the forearm.





Wrist Extensor Stretch Hold 15-20 seconds, 3 times, daily

Elbow straight, palm down. With the other hand, gently push the back of the hand down until a stretch is felt on the outside of the forearm.



Triceps Strengthening 2-3 sets of 10, once daily

Lying on your back, hold a light dumbbell with the elbow pointing at the ceiling. Slowly bend and straighten the elbow, keeping the upper arm vertical.



Overhead Triceps Stretch Hold 20-30 seconds, 3 times, daily

Reach the arm overhead and drop the hand behind your neck. With the other hand, gently pull the elbow toward the midline until a stretch is felt in the back of the upper arm.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.