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HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Proximal Biceps Tendinitis (Front-of-Shoulder Pain): Home Exercises

THE PROGRAM

Pain at the front of the shoulder from the biceps tendon usually settles with a temporary break from repetitive overhead lifting through pain, plus gradual loading and freeing up the back of the shoulder. Mild ache with exercise that settles within a day is acceptable; sharp pain is not.



Doorway Pec Stretch Hold 20-30 seconds, 3 times, daily

Stand in a doorway with your forearm on the frame, elbow at shoulder height bent 90 degrees. Step gently through until a stretch is felt across the front of the chest and shoulder.



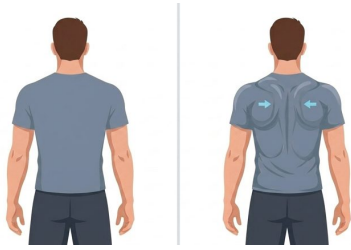
Cross-Body Stretch Hold 20-30 seconds, 3 times, daily

Bring the affected arm across your chest and use the other arm to gently hug it closer until a stretch is felt in the back of the shoulder.



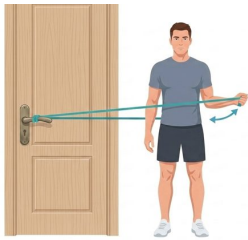
Sleeper Stretch Hold 20-30 seconds, 3 times, daily

Lie on the affected side, that arm out in front at shoulder height with the elbow bent 90 degrees, forearm pointing up. With the other hand, gently rotate the forearm down toward the table until a gentle stretch is felt in the back of the shoulder.



Shoulder Blade Squeezes **10-15 times, 2 sets, daily**

Standing tall, pinch your shoulder blades back and down together. Hold 5 seconds. Relax.



External Rotation with Band **2-3 sets of 10, daily**

Elbow bent to 90 degrees and pinned at your side, pull the band outward away from your body. Slow and controlled both directions.



Eccentric Biceps Curls (light) **2-3 sets of 10, once daily**

With a light dumbbell, curl the weight up, then lower SLOWLY over 3-5 seconds. Keep it comfortable — this gradually rebuilds the tendon's tolerance.

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.