

# Biceps Tendinopathy

## Advanced Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



### 1. Curl and press

- Sit or stand with your hand down by side.
- With a small weight in hand (household object if you do not have a weight), bend your elbow to bring your hand up to your shoulder.
- Press the weight above your head until your elbow is straight.
- Lower your arm down in a controlled manner.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 2. Press up

- Start in a press up position on the floor.
- Bend your elbows to take your head and shoulders closer to the floor.
- Push through shoulders to return to starting position.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 3. Reverse fly

- Stand with equal size, light weights in both hands (use whatever you have around the house if you don't have weights).
- Keep your back straight and bend forward at your hips.
- Keep your arms straight and take both arms out to the side to shoulder height.
- Control your arms slowly back down to resting in front of you.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**