

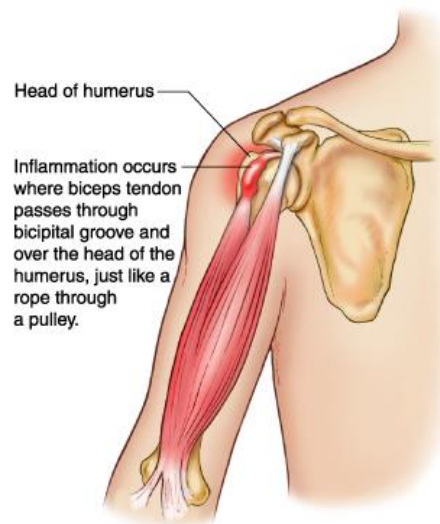


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## ***Biceps Tendinitis***

### **What is it?**

Biceps tendonitis is inflammation of the biceps tendon as it passes through a groove in the upper arm. It is often caused by overuse activities and motions. Pain is usually located in the front of the shoulder and upper arm. Sometimes, these injuries become more chronic and the inflamed tendon develops “tendinosis” – a condition where the tendon develops chronic scar tissue and degeneration.



### **Acute Treatment:**

- Rest from aggravating activities, especially lifting, pulling and overhead activities
- Oral NSAIDs (anti-inflammatory medicines, ie: Ibuprofen, Aleve, etc)
- Physical therapy – the mainstay of treatment
- Cortisone injection

### **Chronic Treatment:**

- Physical Therapy and Chiropractic
- Eccentric exercises
- Cortisone injections – less effective for chronic cases
- Shockwave therapy
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections
- Surgery – biceps tenotomy or tenodesis for stubborn cases