ATKINS
PHYSIOTHERAPY
CONSULTANTS

BICEPS AT THE ELBOW

At the elbow, the problem in biceps is usually in the muscle belly or where the tendon inserts into the upper forearm at the front of the elbow. The patient complains of pain at the elbow on bending the elbow while turning the hand upwards against resistance. Pain may also be felt on stretching the elbow into the straight position. It is usually the result of overuse but pain in the muscle belly may come on with lifting unaccustomed or excessive weight, in the gym for instance.

Physiotherapy can help with treatment using a specific massage technique called frictions, soft tissue massage and stretches. Ice and electrotherapy may be used with advice to avoid aggravating activities. For the muscle belly, exercises will also be given to maintain strength and range of movement but without aggravating the pain whilst the condition settles.