

Bicipital Tendonitis

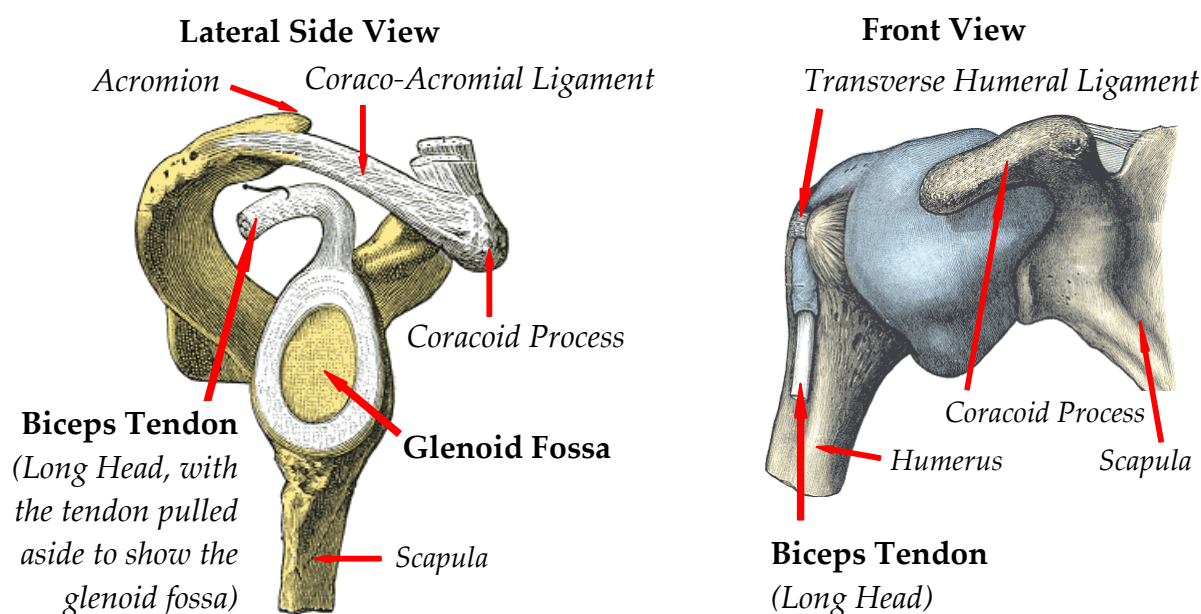
The tendon of your biceps muscle has become inflamed and sore near its shoulder attachment.

(a) Symptoms and Cause

Please refer to the picture below. In this disorder the *tendon* of the long head of the *biceps brachii* muscle, or its attachment deep in the shoulder (or both), becomes inflamed. If you have this problem you will feel pain in the front of, and possibly very deeply in the shoulder.

Key Structures in Bicipital Tendonitis

Right Shoulder



(b) Test

The test your practitioner is most likely to run to check for this problem is as follows:

1. You stand, with your upper arm hanging, elbow bent at a right angle so the lower arm is parallel to the floor.
2. Your palm is face downwards (prone).
3. You attempt to turn the palm to the face up position (*supinate* the hand) whilst the practitioner resists you doing this.

If you feel pain in the part of the shoulder that is causing you difficulty, the most likely diagnosis is *bicipital tendonitis*.

(c) Treatment

If you are in extreme pain, nothing but ice, rest, and healing creams should be used.

However if the pain is not very severe, or if the rest and ice have sufficiently reduced the level of pain, your practitioner may apply a manoeuvre to gently stretch the biceps tendon. This will release any adhesions which have developed as a result of the inflammation and help restore full pain-free movement to the shoulder.

You may need several treatments of this type before the problem completely resolves.