

UPSWING HEALTH

Biceps Tendonitis

Elbow Flexion

Sit with a weight in your hands, palms facing upward. Alternate bending your arms to touch your palm to your shoulder.

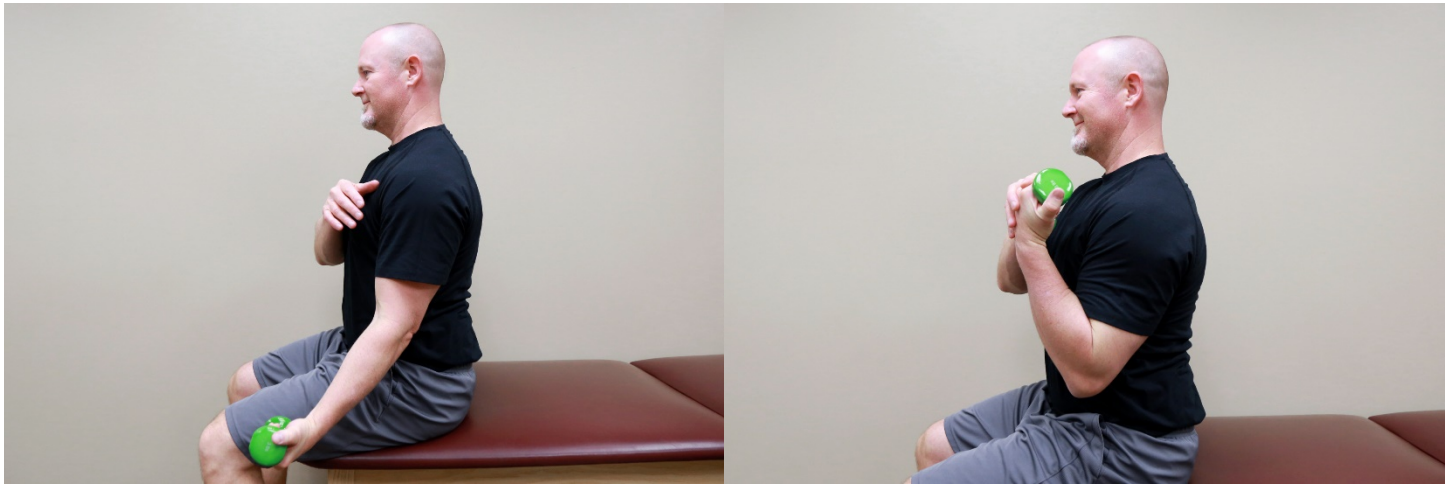
(To isolate your bicep, begin with your palm facing your side, then turn it upward as you bend your arm.)

Perform 2-3 sets of 10 repetitions, once a day.

your arms to touch your palm to your shoulder.

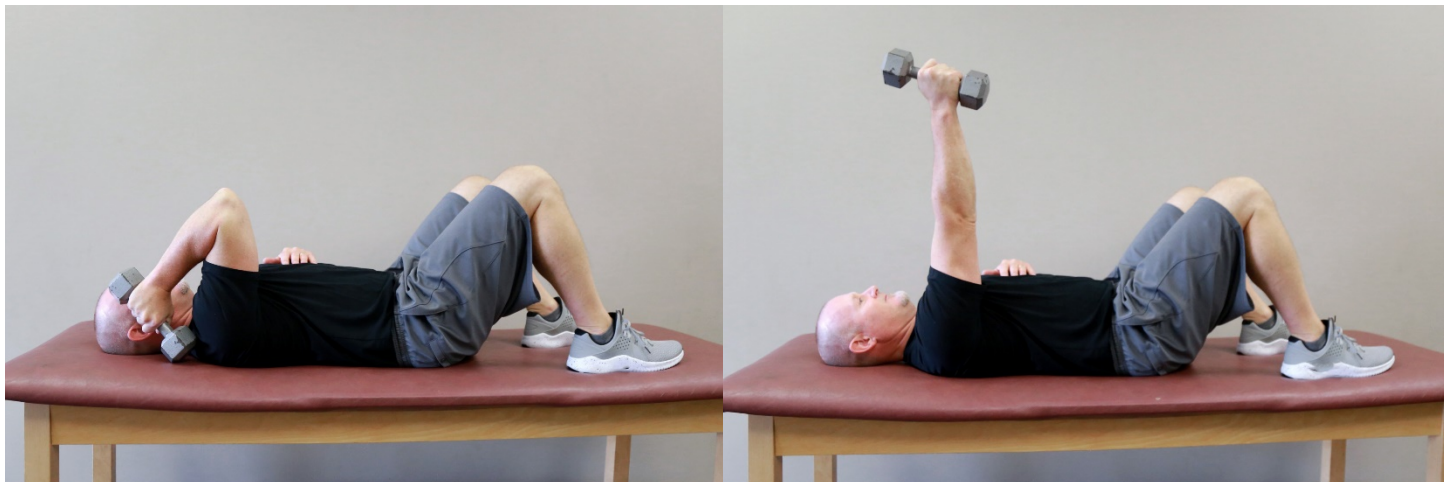
(To isolate your bicep, begin with your palm facing your side, then turn it upward as you bend your arm.)

Perform 2-3 sets of 10 repetitions, once a day.



Elbow Extension

Lie on your back with a comfortable weight in your hand. Lift your involved arm straight up to the ceiling. Slowly lower your hand towards your head by bending the elbow. Make sure to keep the upper arm perpendicular to the floor. Extend the elbow and repeat. Perform 2-3 sets of 10 repetitions, once a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Wrist Extension

Sitting in a chair with your forearm on the table, keep your palm facing down. Lift your hand up and down with movement occurring at the wrist only. Perform 2-3 sets of 10 repetitions, once a day.



Wrist Flexion

Sitting in a chair with your forearm on the table, keep your palm facing up. Lift your hand up and down with movement occurring at the wrist only. Perform 2-3 sets of 10 repetitions, once a day.

