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## **Biceps Tendonitis**

What is biceps tendonitis?

- Tendons are connective tissue bands that attach muscle to bones. The biceps muscle is located in the front part of the upper arm and attaches at the elbow and in two places at the shoulder. Biceps tendonitis is inflammation that causes pain in the front of the shoulder or upper arm.

How does biceps tendonitis occur?

- Biceps tendonitis occurs from overuse of the arm and shoulder or from an injury to the tendon.

What are the symptoms of biceps tendonitis?

- You will feel pain when you move your arm and shoulder, especially when moving your arm forward above shoulder height. You may feel pain when touching the front of your shoulder.

How is biceps tendonitis diagnosed?

- Your doctor will examine your arm and shoulder for tenderness along the biceps muscle and biceps tendon.

How is biceps tendonitis treated?

Treatment of biceps tendonitis may include:

- Using ice for 20-30 minutes 3-4 times per day to help with your pain
- Taking anti-inflammatory medication
- Performing rehabilitation exercises or attending physical therapy
- Receiving a cortisone injection to reduce inflammation and pain