



Bloomsbury Osteopathy

Elbow Exercises

Biceps Strengthening Exercise

ARMS01

STRENGTHENING OF THE FLEXORS OF THE ARM (ARMS01)

Function:

To strengthen the biceps brachii muscle located at the front of the upper arm.

Method:

Starting Position:

Standing with feet slightly apart. Hold weight in hand of affected side with forearm straight, and arm resting by torso. The hand should be rotated to face inwards and the shoulder relaxed.

Action:

Slowly bend elbow to lift weight towards shoulder whilst simultaneously rotating hand to bring the palm to face upward. Once the elbow is fully flexed, return slowly to start position in a controlled manner.

Notes:

Consult your osteopath regarding a good starting weight. As your rehabilitation progresses your osteopath may advise a steady increase in the weight being lifted. Other options include assisted/non assisted pull ups and barbell curls.



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