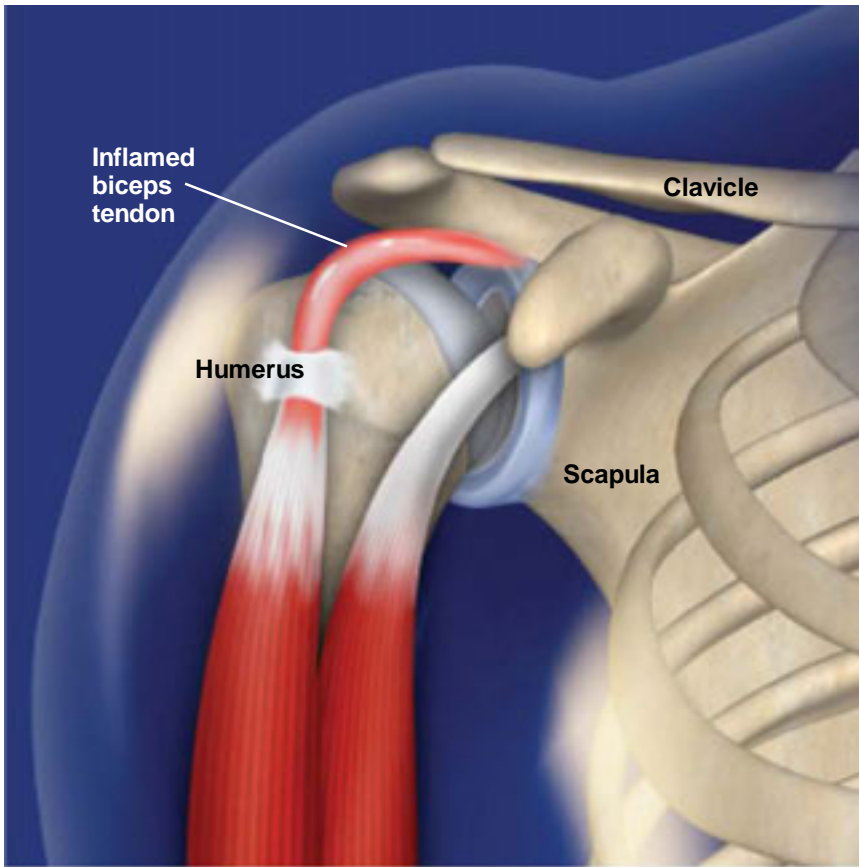


BICEPS TENDINITIS



Overview

This condition is an irritation or inflammation of the biceps tendon at the shoulder. The biceps tendon helps to stabilize the humerus and aids in activities that involve overhead motion such as tennis or throwing a ball.

Causes

This condition usually results from stress on the shoulder joint caused by repetitive overhead motion. Sports such as tennis and baseball are common culprits. Age may also be a factor. Over time, this inflammation can cause deterioration of the biceps tendon, resulting in tears and, in severe cases, rupture.

Symptoms

Pain is the primary symptom, particularly when the arm is bent at the shoulder or during overhead movements. Other symptoms can include tenderness of the shoulder, bruising, swelling, and a popping or snapping sound during movement of the upper arm.

Treatment

Treatment options include rest, cold compress, anti-inflammatory medications, injections, stretching exercises and physical therapy. Severe cases may require surgery.

Sports that require repetitive overhand motion are a common cause