

-Biceps Brachii-

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Steps

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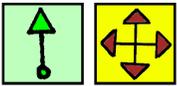


✎ Position> The client is supine. The therapist is at the side of the table. The biceps brachii is shortened by supporting the lower arm on a pillow. The client's forearm is supinated with their thumb rotated as far laterally as possible to expose the attachment of the biceps insertion tendon on the radial tuberosity.

- 1) **Palpate** the biceps' insertion tendon on the radial tuberosity which is about 2" below the elbow crease and lateral to the mid-line of the forearm.
- 2) With the thumbs, **glide superiorly** from the radial tuberosity along the insertion tendon, up to but not into the crease of the elbow. *Repeat 4-6 times.* Apply **static pressure** and **medial-lateral friction** to further release the insertion.
- 3) While cupping the upper arm with the fingers, **glide superiorly** with the thumbs from the distal humerus along the medial aspect of the biceps to the proximal end of the belly near the medial border of the deltoid. *Repeat 4-6 times.* Continue laterally treating the remaining short head and long head of the biceps. Glides on the long head of the biceps should continue to the end of the muscle belly.
- 4) With the thumbs, **palpate** (with a cross-fiber motion) the tendon of the short head through the anterior head of the deltoid. Once the tendon has been isolated, apply **cross-fiber friction** to the tendon. With the tips of the thumbs starting about 4" distal to the coracoid process, **glide superiorly** with moderate pressure to the insertion on the coracoid process. *Repeat 4-6 times.*
 - This treats tendon of the short head of the biceps.
 - To reach the coracoid process, the therapist must glide deep to the deltoid and the pectoralis major.
- 5) With the thumbs, **palpate** (with a cross-fiber motion) the tendon of the long head through the mid-section of the deltoid. Once the tendon has been isolated, apply **cross-fiber friction** to the tendon. With the tips of the thumb pressing into the tendon, start about 6" below the acromion process, and **glide superiorly** on the tendon up to the tip of the acromion. *Repeat 4-6 times.*
 - This treats the tendon of the long head of the biceps.
 - The insertion of the long head is located about 2" lateral to the insertion of the short head.
 - It should be noted that the long head lies in the bicipital groove of the humerus, between the greater tubercle and lesser tubercle. It may be necessary to press into the groove with the small T-bar to thoroughly clear this part of the tendon.

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- 6) Grasp the wrist with the lower hand and raise the hand above the bent elbow. Let the elbow hang low. With the thumb of the upper hand, **glide superiorly** on the upper 3-4" of the humerus between the two bicipital tendons. While gliding superiorly, use the lower hand on the client's wrist to rotate the humerus laterally while lowering the forearm. *Repeat 4-6 times.* Apply **multi-directional friction**.
- Rotating the humerus laterally relaxes the medial rotators of the humerus with *reciprocal inhibition*. This makes the treatment more comfortable for the client and facilitates a more rapid release.
 - This treats the tendons of subscapularis, latissimus dorsi and teres major which lie deep to the biceps tendons.

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Summary

👉 Position> The client is supine. The therapist is at the side of the table supporting the lower arm on a pillow or the therapist's hip or thigh.

- 1)  the insertion tendon of the biceps 4-6x
- 2)    insertion at the radial tuberosity 4-6x
- 3)  belly of the biceps 4-6x
- 4)    tendon of the short head 4-6x
- 5)    tendon of the long head 4-6x
- 6)   tendon of the subscapularis, teres major, latissimus dorsi 4-6x