



Therapi Tylineo Lockdown Exercises

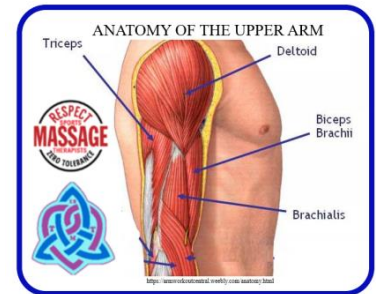


Biceps Strengthening Exercises

The bicep muscle is an important muscle for your upper body strength. Pain in this hardworking muscle can make day-to-day tasks difficult.

Bicep injuries in adults are through overuse and they are more common as we age. They could result from repeated lifting required for your job, picking up young children or even playing on your gaming machine-computer.

If any exercise increases your pain, stop doing it.



Active elbow flexion and extension:

- Standing upright while doing this stretch with your feet shoulder-width apart, arm by your side palm facing forward.
- Slowly bring the palm of the hand on your injured side up toward your shoulder, bending your elbow as much as you can. Hold for a count of 10.
- Then straighten your elbow as far as you can. Hold for a count of 10. And repeat.
- Repeat 10 times. Do 2 sets of 10.



Biceps curl:

Equipment that is required - Weight, food can or 500ml bottle of water

- Standing upright while doing this stretch with your feet shoulder-width apart, arm by your side palm facing forward.
- Hold the weight in your hand.
- Bend your elbow and bring your hand (palm up) toward your shoulder, hold at the waist level for a count of 10,
- Continue moving your arm to your shoulder hold for a count of 10
- Slowly straighten your arm and return to your starting position, hold for a count of 10. And repeat.
- Do 2 sets of 8 to 12.





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Biceps stretch:

- a. Stand facing a wall (about 15 centimetres, away from the wall).
- b. Raise your injured arm out to your side at shoulder height
- c. Place the thumb side of your hand against the wall (palm down).
- d. Keep your arm straight.
- e. Rotate your body in the opposite direction of the raised arm until you feel a stretch in your biceps. Hold for a count of 10.
- f. Turn back to face the wall. Hold for a count of 10, and repeat
- g. . Repeat 3 times.

