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The biceps muscle is located at the front of your upper arm. The muscle has two tendons that attach it to the bones of the scapula bone of the shoulder and one tendon that attaches to the radius bone at the elbow. The tendons are tough strips of tissue that connect muscles to bones and allow us to move our limbs. Injuries to the biceps tendons include: Proximal biceps tendonitis at shoulder Proximal biceps tendon tear at shoulder Distal biceps tendonitis and tear at the elbow What is biceps tendonitis? Even though tendons are tough, if you overuse them they can become sore and painful. This is caused by micro tears in the tendon and it is called tendonitis (sometimes spelled "tendinitis"). Tendonitis can occur because of repetitive motion. For instance, professional baseball players, swimmers, tennis players and golfers are at risk for tendonitis in their shoulders, arms and elbows. Tendonitis can also occur because of a sudden, serious load to the tendon. You can get biceps tendonitis in the shoulder or at the elbow. It is unusual to have tendonitis in both places at the same time. In the shoulder, biceps tendonitis can occur at the same time as rotator cuff tendonitis as it is part of the rotator cuff complex. How is biceps tendonitis treated? Although biceps tendonitis can be painful, if properly treated early it can usually be resolved completely. Cold packs or ice will reduce swelling and pain caused by tendonitis. Nonsteroidal anti-inflammatory medications such as aspirin or ibuprofen will help relieve swelling and pain. Your doctor may also recommend rest. It will be particularly important to avoid any heavy lifting, flexing at the elbow and over your head. In some cases, your doctor may refer you for physical therapy to help your shoulder or elbow recover. In severe cases of tendonitis without a tear, corticosteroid injections may offer relief of pain and halt the inflammatory process and get the tendon back on a path of healing. Most patients who have had surgery for tendonitis can move their arms without pain and regain a full range of motion. Because most cases of tendonitis are caused by overuse, the best treatment is prevention. It is important to avoid or alter the activities that cause the problem. When doing physical activities, take it slowly at first and gradually build up your activity level, limit the number of repetitions you do and the amount of force you use, and stop if you feel any unusual pain. Be careful to avoid and then correct underlying conditions such as improper posture or poor technique in sports or work. What are biceps tendon tears? In cases of serious or constant overuse, a tendon may fray and eventually tear. A tendon can also tear as part of an injury, such as moving or twisting your elbow or shoulder in an awkward way, or falling down with your arm outstretched. At the elbow, the bicep tendon most often tears during the act of lifting a heavy object (for example, a couch or a refrigerator). A biceps tendon tear can happen at either the shoulder or the elbow. A tear can also be complete or partial. A complete tear means the tendon has torn away from the bone. What are the symptoms of a biceps tendon tear? The most obvious symptom will be a sudden, severe pain in the upper part of your arm or at the elbow, depending on where the tendon is injured. You may hear or feel a "pop" when a tendon tears. Other signs that you may have torn a biceps tendon can include: Sharp pain at the shoulder or elbow. A bruise that appears on the upper arm or forearm near the elbow. A feeling of weakness in the shoulder or elbow. Trouble rotating your arm from a "palm down" to a "palm up" position. A change in the contour of the front of your bicep in the upper arm ("Popeye muscle"). While surgery may be needed to fix a torn tendon, in many cases people with a torn tendon can still function normally. Symptoms can be relieved using the same treatments that are used to treat tendonitis. Tears at the level of the elbow more often require operative repair. What are shoulder (proximal) biceps tears? Two tendons attach the biceps muscle to the shoulder: the "long head" tendon that attaches the muscle to the top of the shoulder's socket and the "short head" that attaches it to the front of the shoulder. Tears almost exclusively occur in the long head. Good news is that even in the case of a complete tear of the long head tendon, the short head tendon may allow you to continue using your biceps muscle. How are shoulder biceps tears treated? Surgery may be a choice for those who continue to experience symptoms after non-surgical treatments and have a cosmetic "Popeye" bicep muscle. Surgery to reattach a long head tendon is quite safe, with few complications. It can return nearly all of your arm strength and function, and a re-tearing of the repaired tendon is uncommon. If you decide to have surgery, you will need to do flexibility and strengthening exercises to rehabilitate your shoulder. This can last for several months. What are distal biceps tendon tears? While two tendons attach the biceps muscle to the bone at the shoulder, only one tendon attaches it to the elbow. This is called the distal biceps tendon. Tears of the distal biceps tendon are unusual and most often result from an injury or lifting a heavy object. When this tendon tears, however, the tear is usually complete and the muscle is separated from the bone and retracted back. This causes weakness in powerful palm-up activities like tightening with a screwdriver with the right hand. How is a torn distal biceps tendon treated? While most people with a torn distal tendon will still be able to move their arms reasonably well, they will usually see a decrease in arm palm-up rotation strength. Because of this, many of them may choose surgical treatment. However, those who decide to have surgery will need to do so quickly, because both the distal tendon and the muscle begin to scar one to two weeks after the tear and surgery becomes more difficult and permanent muscle atrophy occurs with time. It may take three months or more of physical therapy for a surgically repaired distal tendon to heal completely. When it does, patients usually enjoy a full range of motion and near-normal arm strength. Exercises for biceps tendonitis can help alleviate the pain and its other symptoms. You can start with these exercises right away. However, avoid doing the exercises as soon as you feel pain and lifting above your head as you heal. Stand in front of a wall with a 6-inch distance and raise your injured arm palm down below your shoulder's height. Your thumb will keep your hand in place on the wall and gently turn away from the wall, stretching your biceps as you move. Keep your arm straight and hold for 15 seconds. Repeat three times daily. Gently bend your injured arm and place your palm up to your shoulder. Put your hand down and repeat the exercise 15 times. Your muscle flexes when you reach your shoulder and extends as you lower down your arm. Rest between 2 sets of this exercise daily. Raise your injured arm forward and up above your head. Hold it for 5 seconds and gently lower your arm down on your sides. This helps maintain the range of motion of your shoulder as you heal. Do it 8 to 12 times in 2 sets daily. Hold a 5 or 8-pound weight or a half-gallon water bottle in your injured arm and lift it forward towards your shoulder. Make sure to bend your elbow and hold that position for 5 seconds. Slowly lower down your arm to your starting position. Do it for 2 sets with 8 to 12 reps each. Tie a stretch band to your door or any flat surface where you can tie it at the height of your elbows. Stand next to the door facing your injured arm and hold the stretch band adjacent to your right arm making a 90-degree angle. Slowly move your arm across your body by maintaining your forearm parallel to the floor. Do it for 2 sets with 8 to 12 reps each. Stand next to a door and tie a stretch band in the opposite knob. Place your injured arm on your side and hold the stretch band right at the height of your elbow. Move your arm away from your body and keep it at your elbow's height. The movement of your arm should be away from your body and the door. Do it for 2 sets with 8 to 12 reps each. Lie on a mat with your uninjured side and let the side with your injured arm face the ceiling. Rest your injured arm on your side and place a rolled towel or any cushion between waist and elbow. Bend your arm at elbows length and move your forearm down to the floor across your body and up to the height of your elbow. Do it for 2 sets with 8 to 15 reps each. If you do not experience any pain, you can start using a weight while doing this exercise. Lie on a mat on your injured side. Stretch your arm forward resting its weight on the mat. Bend your elbow and raise your forearm with your thumb facing your face. Use your other hand to guide your injured arm and move it down to the mat. Keep your shoulder blades tight and hold the stretch position for 30 seconds. Repeat it three times daily. Don't let muscle pain stop you from living your best life! Let our board-certified physiatrist help you with the best treatments for your biceps tendonitis. As a trusted physiatrist in Charlotte, NC, Advance Sports & Spine takes a holistic approach to diagnose and treat our patients. We offer interdisciplinary pain management therapies that are non-surgical and non-opioid treatments to treat common and advanced sports injuries. Pain relief and improved mobility are at the center of our practice. We aim to help you heal, be free from pain, move as much as you want, and improve the overall quality of your life. The recovery of our patients is anchored in several approaches, including the use of state-of-the-art medical equipment, the latest techniques, guided diet, and rehabilitation exercises. Our physical medicine and rehabilitation are all done in our medical office, saving you time, effort, and money compared to other practices. Our personalized treatments have been the pinnacle of our relationships with our patients that marked us as a trusted medical practice in the Charlotte community. If you are experiencing any pain in your biceps or suffering from bicep tendonitis, schedule an appointment for your biceps tendon strengthening exercises in Charlotte. Contact us today! GeneralRegenerative MedicineDr. Ahmad is in-network with most insurance companies. If you provide us with your insurance information before your new patient appointment, our team will contact your insurance company and complete a benefits check. Generally speaking, a copy is usually your only change on your new patient visit. Other than your copy, you will be notified in advance of any other costs for your appointment. You will not find another non-surgical, non-opiate interventional pain management office in the greater Charlotte Area offering such a diverse and innovative array of services. Dr. Ahmad and his team will do a thorough exam on your area of complaint, provide you with a complete diagnosis, and recommend the best course of action to help eliminate your pain. Most of the time you will be treated by the same provider unless the treatment varies. Our office is conveniently located in the Arboretum Office Park at the intersection of Pineville Matthews Road and Providence Road, less than a mile from the Providence Road Exit off of 485. The Arboretum Office Park is located across Providence Road from the main section of the Arboretum. Our actual address is 8035 Providence Road Suite 340, Charlotte, NC 28277 Advanced Sports & Spine is a private practice, not annexed to or owned by a hospital facility. We are a non-facility fee office. Therefore, our patients pay less compared to having the procedure performed at a hospital. The cost depends on 2 main factors: how severe your condition is and how many joints or areas of the body you are looking to have treated. Dr. Ahmad and his team will be able to answer this question for you more thoroughly after your initial examination and review of diagnostic findings. Yes, we do accept cash. We also have the most competitive pricing in the Carolinas with many different financing options, such as Care Credit and Advance Care, offering low monthly payments and interest free options for up to 14 months. For joint injections, a driver is not needed. For spinal and PRP injections, a driver is recommended. Steroid injections can take up to 5 days before they start working. Steroid injections can take up to 5 days before they start working. Average relief is up to 3 months, but that does not mean it will not last that long or that it could last even longer. For ESI and Facet injections, relief is up to 3 months, but that does not mean it will not last that long or that it could last even longer. MBB only lasts 1 day and determines if you are a candidate for RFE. You return the next day with a pain diary. RFA procedures can last 6 months to a year. Joint injections contain a steroid and anesthetic. Whenever you break the skin, there is a possibility of bleeding and infection. However, those risks are minimized because image guidance is used. If you have Diabetes, the injection can increase sugar levels for up to 3-4 days. Steroids given close to the skin can cause discoloration or dimpling. At Advanced Sports & Spine, the majority of our pain management procedures are performed in our Charlotte office. We use state-of-the-art equipment, our ultrasound and fluoroscopic guidance techniques ensure accuracy, help limit complications, and increase success rates. Platelet Rich Plasma (PRP) therapy is one of the latest cutting-edge pain management approaches in treating most sports injuries and other musculoskeletal conditions. This is a non-surgical procedure that provides fast, effective, and long-lasting relief from pain and discomfort. Read more Stem cell therapy is one of the most innovative procedures that uses mesenchymal cells in treating injuries, pain, and damaged tissues. This is a non-surgical and non-opioid procedure that produces minimal to no risk of complications or adverse effects. Read more The PRP and stem cells come from the patients themselves. The equipment Advanced Sports & Spine uses to process the PRP and stem cells is FDA cleared for that use. The cost depends on 2 main factors: how severe your condition is and how many joints or areas of the body you are looking to have treated. Dr. Ahmad and his team will be able to answer this question for you more thoroughly after your initial examination and review of diagnostic findings. Unfortunately, no insurance companies in the country cover PRP, so the treatments are self-pay. However, we have the most competitive pricing in the Carolinas with many different financing options, such as Care Credit and Advance Care, offering low monthly payments and interest free options for up to 14 months. Relief from PRP injections can last 2-5 years. Dr. Ahmad uses the Angel System to produce the concentration of PRP substance needed for your pain management treatment. This machine uses 3-sensor technology (3ST) that can be configured to customize PRP substance concentrations. The Angel System is a fully automated technology that has the capacity to deliver platelet concentrations with adjustable leukocyte concentration. These concentrated PRP substances are safe because we use the patient's own blood while following the FDA minimal manipulation guidelines. The procedure is performed as an outpatient treatment in our office. It's a quick process. We simply need the patient's information, insurance information, and the date and the time to book an appointment. Book your appointment today! On average, patients experience relief in about 6 weeks, but you may see results sooner. Dr. Ahmad and his team will do a thorough exam on your area of complaint, provide you with a complete procedure of diagnosis, and recommend the best course of action to help eliminate and reduce your pain. Procedures are performed in the office. We are open Monday-Friday from 8:30am-5:00pm. Low Back and Neck Pain Osteoarthritis Tendon Injuries Sciatica/Radiculopathy Myofascial Pain Syndrome Shoulder, Knee, Hip and other joint pains Occupational injuries Neuralgias Sports injuries Carpal Tunnel Syndrome Peripheral nerve entrapments Complex Region Pain Syndrome Phantom limb pain Spasticity Trigger fingers Peripheral Neuropathy Monday - Thursday: 8:30 AM - 3:00 PM Friday - Sunday: Closed MON - FRI: 8:30 AM - 5:00 PM Plan your visit to our Clinic





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