

DISTAL BICEPS PROTOCOL

For instructional videos of this protocol, visit sportsrehab.ucsf.edu



Wrist Extensor Stretches

Begin with your arms stretched out in front of you. Use your opposite hand to pull your fingers down to stretch your extensors.

Variation: flip your hands so that the back of your hands touch. Push your hands together.

Frequency: 2 - 3 x 30 seconds



Wrist Flexor Stretches

Begin with your arms stretched out in front of you. Use your opposite hand to pull your fingers up to stretch your flexors. Variation: flip your hands so that your palms touch. Push your hands together.

Frequency: 2 - 3 x 30 seconds



Towel Squeezes for Grip Strength

Use a stress/squishy ball, a rolled towel, or a sock. Squeeze slowly and firmly. Hold for 5 seconds, then relax.

Frequency: 2 - 3 x 10 repetitions



Wrist Extension

Rest your arm on a table with your elbow bent. Your hand should be off the table. With the palm facing down, make a fist and slowly extend the wrist up. Hold for 3 seconds, then slowly return to the starting position. Hold a weight if prescribed.

Frequency: 2 - 3 x 10 repetitions

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Wrist Flexion

Rest your arm on a table with your elbow bent. Your hand should be off the table. With the palm facing up, make a fist and slowly curl the wrist up. Hold for 3 seconds, then slowly return to the starting position. Hold a weight if prescribed.

Frequency: 2 - 3 x 10 repetitions



Range of Motion: Supination and Pronation

Begin with your elbow resting on a flat, firm surface and your hand held out in a handshake. Turn your palm to face up. Hold for 3 seconds. Return to the starting position. Turn your palm to face down. Hold for 3 seconds. Return to the starting position.

Frequency: 2 - 3 x 10 repetitions



Slow Eccentric Biceps Range of Motion

- Start with your arm straight overhead.
 - Bend your elbow to shoulder height.
 - Extend at the elbow to straighten your arm.
 - Lower your straight arm down to your side.
- Each step should take 4 seconds.

Frequency: 2 - 3 x 10 repetitions

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