Unraveling the Mystery of Shoulder Pain:

Biceps & Triceps Injuries

Presented by Dr. Ben Benjamin

Instructor: Ben Benjamin, Ph.D.

ben@benbenjamin.com
Thank You

DrBen@BenBenjamin.com

Webinar Goal

Explore and demystify the assessment and treatment of biceps and triceps injuries.

Logistics

• Schedule:
  • Presentation 35–45 min
  • Questions 10–15 min

• Ongoing questions: Use Question box. If I don’t get to your question, ask me at Facebook.com/benjamininstitute.
Things to Think About

- What is the primary function of the biceps?
- How can you differentiate whether an injury is in the biceps or the brachialis?
- Do you know all the things the biceps can do?
- Where do the biceps and triceps get injured most often?
- Do you know the best ways to stretch the biceps and triceps?

Anatomy

Biceps
Biceps

1. Deep in the shoulder
2. Tendon body
3. Muscle tendon junction
4. Muscle belly
5. Lower tendon
6. Distal attachment

6 Possible Sites of Injury

1. Deep in the shoulder
2. Tendon body
3. Muscle tendon junction
4. Muscle belly
5. Lower tendon
6. Distal attachment
Triceps

Rotator cuff Sobotta and inferior to the lip of the socket at the infraglenoid tubricule
The Olecranon

The Olecranon and triceps attaching
The long head of triceps

Assessment

Resisted Flexion of the Elbow
Distal Biceps Tendon Rupture

Subscapularis tendon

Subscapularis muscle

Subscapularis tendon

Subscapularis muscle
Painful Arc and Resisted Extension

Alternate Hugging Triceps Test

Biceps Treatment
Tendon Injury Exercise Program

1. Warm up
2. Stretch
3. Exercise
4. Stretch
5. Ice or Heat

Establish the Amount of Weight

Warm Up
Ice or Heat

Triceps Treatment

Friction Therapy - Triceps Muscle
Friction Therapy - Triceps Tendon Body or Tenoperiosteal Junction

Triceps Stretching

Strength Building #1
Strength Building #2

Tendon Injury Exercise Program

1. Warm up
2. Stretch
3. Exercise
4. Stretch
5. Ice or Heat

Triceps Warm Up
Triceps Ice or Heat

Injection Therapy

In Conclusion
Questions

Facebook.com/BenjaminInstitute
Dr. Ben Benjamin
Unraveling the Mystery Series:
• Low Back Pain
• Cervical Pain
• Shoulder Pain
• Knee Pain
• Ankle Pain
• Hip & Thigh Pain
• Headaches

Whitney Lowe
• Orthopedic Approaches to Upper Body Disorders
• Orthopedic Approaches to Lumbo-Pelvic Pain

Tom Myers
• Anatomy Trains: Clinical Applications of Myofascial Meridians
• Myofascial Release for Structural Balance

Carole Osborne
• Pregnancy Massage and More
• Growing a Prenatal MT Practice

Tracy Walton
• Massage in Cancer Care
• Cardiovascular Conditions & Massage
• Hospital-based Massage Therapy

And Many More...

All Webinars Available at www.BenBenjamin.com

SPECIAL OFFER

JOIN the Benjamin Institute E-Mailing List &
Receive a FREE Ebook on the Low Back

Go to: www.benbenjamin.com
And click "Join Our Mailing List"

Keep Learning