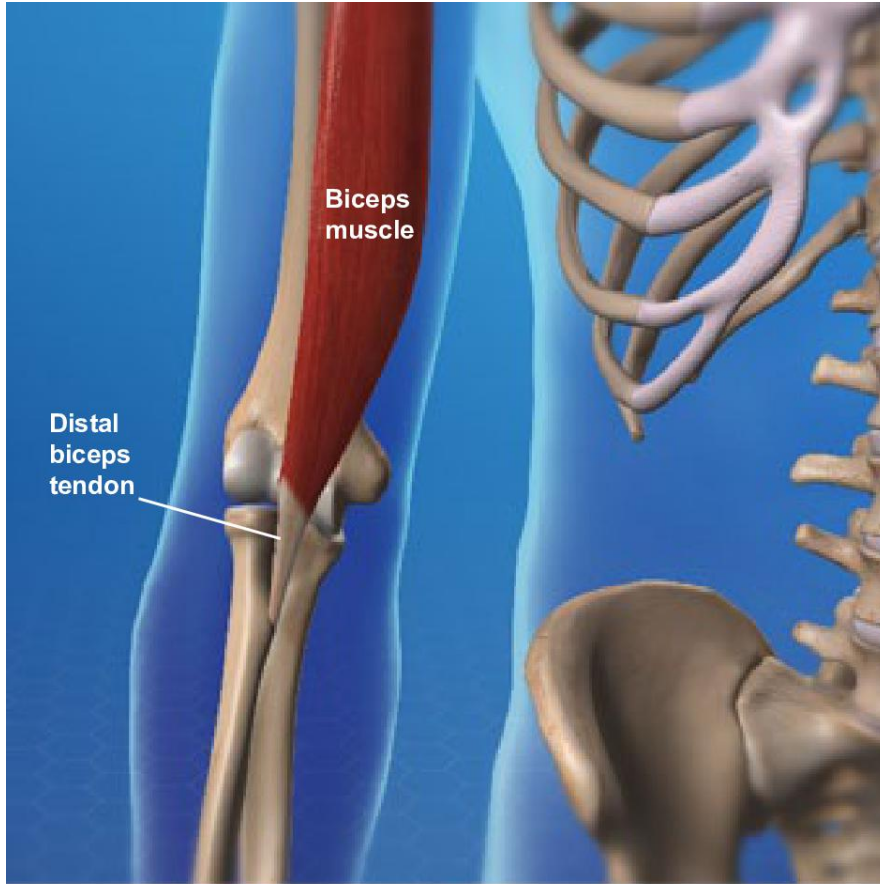




## Biceps Tendonitis (at the Elbow)



### Overview

This is a problem with a tendon in your elbow. It's called the "distal biceps tendon." It connects the biceps muscle of your upper arm to the radius bone at the elbow. With this condition, the tendon becomes painfully inflamed or irritated.

### Causes

Tendonitis is caused by intense activity that puts a lot of strain on your elbow. It's also caused by overuse. Bending the elbow or twisting the wrist over and over again can cause it. Biceps tendonitis is a problem for weightlifters, gymnasts, and rock climbers. It's also a problem for laborers who do a lot of work with their arms. You raise your risk if you suddenly increase your activity level, especially if you don't use good training techniques.

### Symptoms

Tendonitis causes pain at the front of your elbow. It hurts more when you bend your elbow, or when you turn your palm up. Your forearm may feel weak.

### Treatment

Treatment options include rest, ice, medications, and physical therapy. If these don't help, you may need surgery. Your healthcare provider can create a plan that's right for you.

