

Tennessee Back Pain Center

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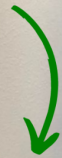


Bicep Isometrics – Exercise Instructions

- These can be performed seated or standing in front of the wall.
 - When you are standing/sitting in front of the wall, your elbow should be at your side, while your fist is at the wall.
- Make sure you are standing or sitting straight up.
- Look straight ahead
- Make a fist with your injured hand and place the fist flush against the wall.
- Push your fist into the wall and slightly upward, without moving your fist
- Hold for 30 seconds and then return to starting position
- Perform this 3 times.
 - 1 repetition = 1 set
 - Perform three sets, twice a day.
- Helpful Tips
 - You should feel this exercise in your bicep.
 - Don't press super hard into the wall. As this exercise becomes easier, then you can press harder.
- Things to watch out for
 - Try to keep your shoulders back and down
 - Don't stand too close or too far from the wall. Your elbow should be at a 90 degree angle, at your side.
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- Notes:
 - You should feel this exercise in the front of your arm. If you are feeling it elsewhere, please consult your doctor before continuing.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

Bicep Isometric

Fist against wall



90 Degree
elbow



Push fist in
and up

