



Indications

If there is a problem with the tendon of the long head of the biceps, your client will have difficulty raising their arm across their chest or behind their back. They may also feel pain on the front of their shoulder.

Yergason Test: Have your client fully flex their elbow. Grasp their flexed elbow in one hand while holding their wrist in your other hand. Externally rotate their arm and pull down on their elbow as they resist. Pain in the shoulder indicates an unstable biceps tendon.

Cautions

This repositioning of the tendon can be painful, and it should not be done more than two or three times in any one treatment.

Short fingernails are needed.

Client Sitting



Technique

Have your client seated with their arm abducted ninety degrees to their body, and their forearm pointed up.

Grasp your client's deltoid firmly with both hands, hooking your fingers around the anterior edge of the deltoid.

Have your client slowly rotate their arm internally, bringing their forearm parallel to the floor and eventually pointing toward the floor.

Your fingers will catch the tendon of the long head of the biceps, and then the bicipital groove will rotate toward the tendon so that the tendon can go back into the groove.

This technique only needs to be done once or twice.



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