



Lexington  
Clinic  
Orthopedics  
Sports Medicine

# Eccentric Bicep



## INSTRUCTIONS

Stand with shoulder at 90 degrees abduction, holding ball in hand with flexed biceps and forearm supination.

Straighten arm while holding ball upwards. Turn hand downwards, pronate forearm and flex wrist with 5 count hold.



Questions or concerns? Contact Mike Howell at 859.258.8520.