

The biceps brachii

The biceps brachii (BB), commonly known as the biceps, is a large, thick muscle on the ventral portion of the upper arm.

- The muscle is composed of a short head and a long head. The long head is located on the lateral side of the biceps brachii while the short head is located on the medial side.
- The biceps brachii works across three joints, and is able to generate movements in glenohumeral, elbow and radio-ulnar joints.

Origin and Insertion

The muscle is composed of a short head and a long head.

1. The short head originates from the apex of the coracoid process of the Scapula
2. The long head originates from the supraglenoid Tubercle of the scapula.

Both heads course distally and become a confluent muscle belly before tapering across the anterior aspect of the elbow, to insert on the radial tuberosity and the fascia of the forearm via the bicipital aponeurosis

Nerve and Arterial Supply

- Innervation of biceps brachii is by the musculocutaneous nerve C5, C6, C7
 - Blood supplied by the muscular branches of brachial artery
- Function

The main functions of the biceps are the flexion and supination (outward rotation) of the forearm.

This is facilitated, in part, by the 90-degree rotation of the muscle as it connects to the radius.

- **DETERMINANTS OF STRETCHING**

- Alignment: positioning a limb or the body such that the stretch force is directed to the appropriate muscle group

- Stabilization: fixation of one site of attachment of the muscle as the stretch force is applied to the other bony Attachment

- Intensity of stretch: magnitude of the stretch force applied

- Duration of stretch: length of time the stretch force is applied during a stretch cycle
15-30 sec hold x 3 sets

- Frequency of stretch: number of stretching sessions per day or per week
twice a day

- Mode of stretch: form or manner in which the stretch force is applied degree of patient participation or the source of the stretch force

-this is a active stretchching

- **ADVANTAGES**

- Active stretching gets your blood pumping and loosens up your muscles, which makes it ideal for warming up before a workout. Active stretching boosts blood flow to the muscle groups that you'll be targeting during your workout. You can actively stretch on your own by contracting your muscles without applying any external force.

Procedure

standing biceps stretch:

- Interlace fingers behind your back.
- Keep hands at the base of your spine.
- Straighten your arms. Lift arms as high as you can

To do a wall biceps stretch:

- Press your right palm into a wall. Slowly turn away from the wall. Hold for up to 30 seconds.

- Repeat on the left side.