

# BICEPS BRACHII



Biceps Brachii is a large muscle located in the upper arm. The muscle has two heads, a long head, and a short head, that start at different points near the shoulder and then merge together into a single muscle belly. The biceps brachii is a well-known muscle, often associated with physical strength and fitness due to its prominence when well-developed.

## ANATOMY

### [Origin]

- Short head: Tip of coracoid process of scapula
- Long head: Supraglenoid tubercle of scapula

### [Insertion]

- Tuberosity of radius and fascia of forearm via bicipital aponeurosis

### [Action]

- Supinates forearm and, when it is supine, flexes forearm; short head resists dislocation of the shoulder



## CLINICAL RELEVANCE

### Rupture of Tendon of Long Head of Biceps Brachii

Rupture of the biceps tendon may result from forceful flexion of the arm against excessive resistance. However, the tendon ruptures more often as the result of prolonged tendinitis that weakens it. The rupture results from repetitive overhead motions, such as in swimmers and baseball pitchers.

The long head of the biceps tendon contributes relatively little to the overall function of the shoulder. The short head of the biceps tendon, as well as other muscles in the area, can compensate for the function of the long head when it is torn. Therefore, many people with a long head of the biceps tendon tear can still maintain good arm function.

## EVIDENCE BASED EXERCISES

According to an EMG study, the exercises that demonstrated significant muscle contractions of Biceps Brachii are;

- Concentration Curl
- Cable Curl
- Chin-Ups

### Concentration Curl



### Cable Curl



### Chin-Ups



### <Reference>

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