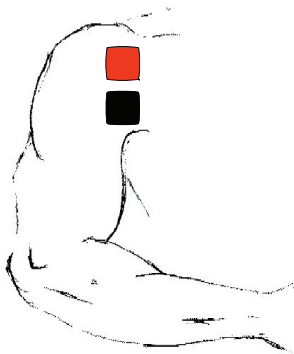


**Bicipital Tendinitis**

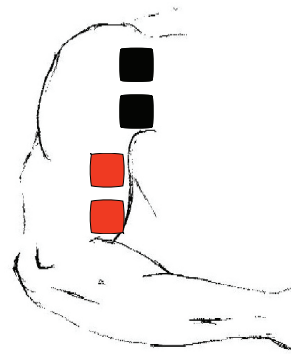
Bicipital Tendinitis usually involves inflammation of the tendon, as well as the paratenon. This condition results from a chronic overload, leading to microscopic tears in the tendon that trigger an inflammatory response. The biceps musculotendinous junction is particularly susceptible to overuse injuries, especially in individuals performing repetitive lifting activities. Athletes performing a large number of bench presses and dips frequently suffer from bicipital tendinitis. Degenerative changes associated with aging also predispose the elderly patient to injury. This condition creates a great deal of discomfort and pain that can be decreased significantly with the use of TENS.

Suggested Electrode Placements**2-pad placement**

Place electrode pads over proximal or distal biceps tendon

**4-pad placement**

Place electrode pads distally on biceps tendon just above elbow and proximally over anterior shoulder joint and proximal biceps tendon

**Suggested Treatment Parameters****Mode: Modulated****Pulse rate: 100-120 Hz****Pulse width/duration: 50-150 μ s****Amplitude: Low to moderate level stimulation****Treatment Time: Throughout the day as needed****Mode: Continuous****Pulse rate: 80-100 Hz****Pulse width/duration: 50-100 μ s****Amplitude: Low to moderate level stimulation****Treatment Time: Throughout the day as needed**