



Biceps Tendonitis in a Female Collegic Softball Player

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Introduction

In this case report the athlete reported to the athletic training room with right shoulder pain and weakness. She also exhibited anteriorly rounded shoulders.

Purpose

This case demonstrated biceps tendonitis in softball players may be due to overuse as well as shoulder impingement .

Background

- 21 year old female
- 5'7" and 135lbs
- Senior collegic softball play
- Previous history of shoulder pain

Differential Diagnosis

- Laberal Tear
- Torn Rotator Cuff
- Biceps Tendonitis
- Shoulder Impingement

Treatment

- She was prescribed an aggressive stretching and strengthening program.
- Crossover Symmetry was incorporated to strengthen the back muscles.
- Strengthening of the back muscles will start to pull the shoulders in the correct position to reduce the pressure off the biceps tendon.

Conclusion

After 2 months of aggressive stretching and strengthening exercises she is pain free and she has made significant shoulder biomechanical changes.

Implications

The implication of this case study is that if a stretching and strengthening program is started early in a softball players career this condition may be avoided



(Softball player using Crossover Symmetry)