

# The Effectiveness of Different Exercise Approaches in Biceps Brachii Long Head Tendinopathy

NCT07025668

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Hacettepe University
Enrollment	36 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Having shoulder pain lasting 3 months or more
- Without a history of surgery, having a diagnosis of shoulder rotator cuff tendinopathy, rotator cuff stage 1-2 tear or subacromial impingement, and having been diagnosed with secondary biceps long head tendinopathy by a physician
- Pain level during activity  $\geq 3$  according to the visual analog scale
- Patients who have been informed about the study and have given written consent to participate in the study will be included in the study.

### Exclusion (5)

- Acute shoulder injury
- History of shoulder and cervical surgery
- Limitation of passive range of motion
- History of local corticosteroid injection within the last 12 months
- Patients who cannot comply with the exercise program will be excluded from the study.

## Locations (1 total)

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Hacettepe University Faculty of Physical Therapy and Rehabilitation, Ankara, Turkey (Türkiye)