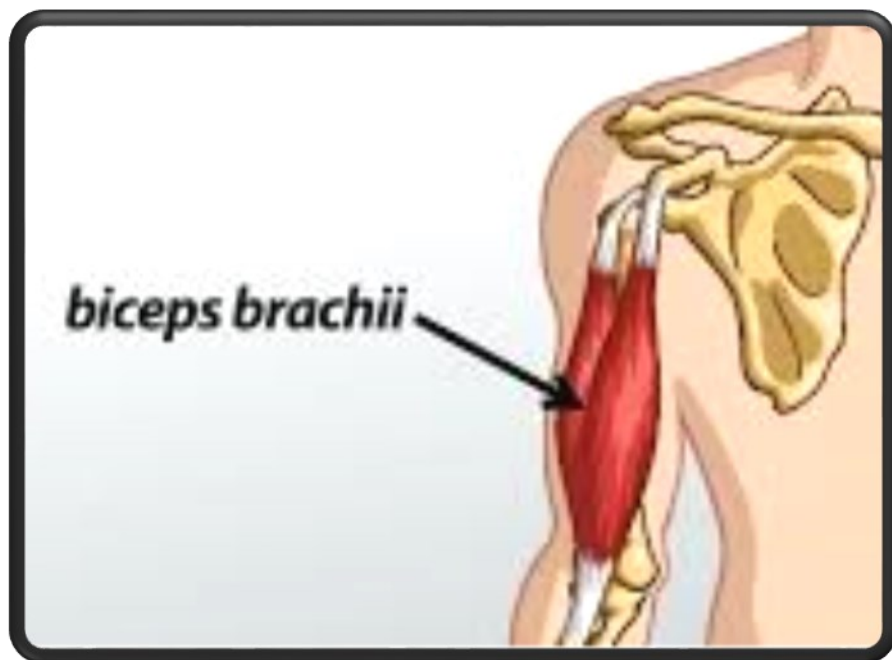


What Does the Biceps Brachii Do?



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The biceps brachii (commonly known as the biceps) locates in the anterior compartment of the arm. It works across three joints, and is able to generate movements in glenohumeral, elbow and radio-ulnar joints:

The biceps consists of two heads, the long and the short head, which they arise proximally and joint to attach to the radius as biceps tendon:

Function

Primary functions of the biceps brachii is flexion of the elbow and supination of the forearm. In fact, it is the prime mover of forearm supination. Since it crosses the gleno-humeral joint, it also serves to assist shoulder elevation.

In various angle of the elbow, the biceps brachii actions differently to movements to the upper limb.

- **Extended elbow:** Biceps is a pure elbow flexor until it reaches 90 degree flexion
- **At 90 degrees flexion and forearm supinated:** Most efficient to produce elbow flexion
- **At 90 degrees flexion and forearm pronated:** Biceps becomes the primary forearm supinator