

Joint Anatomy and Actions

A Short Lesson in the Kinesiology of Exercise

The Elbow Joint

The elbow joint is a hinged joint formed by the junction of the humerus and the radius and ulna bones of the lower arm. Strong ligaments hold the joint together in addition to the muscles and tendons. There is also movement between the radius and ulna bones, which allows for pronation and supination of the forearm.

Basic Movements in the Elbow Joint



Extension

Moving the forearm away from upper arm in an arm-straightening action.



Flexion

Moving the forearm toward the upper arm or vice versa.

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