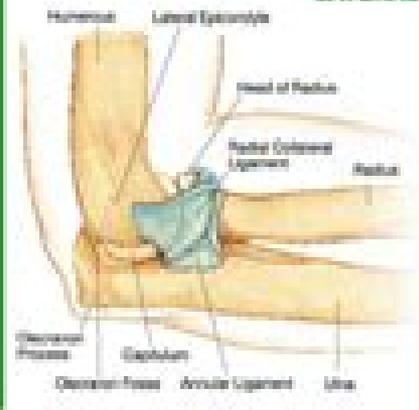


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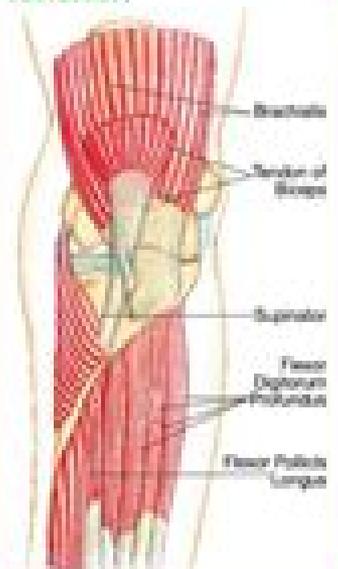


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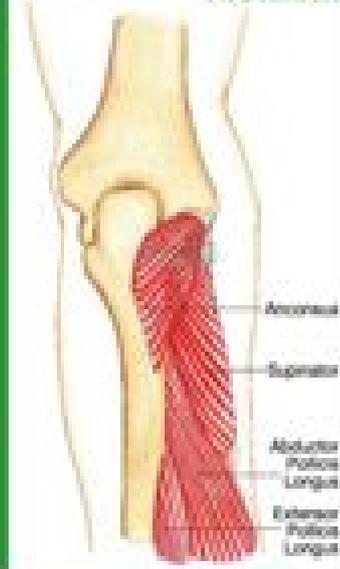


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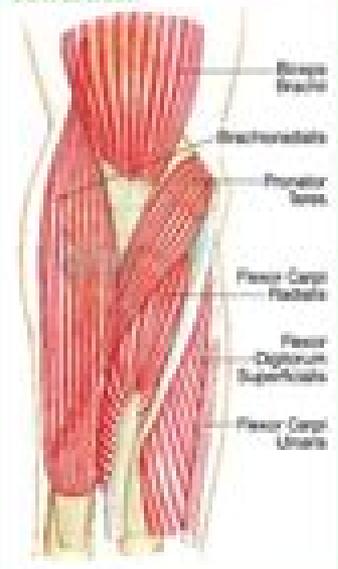
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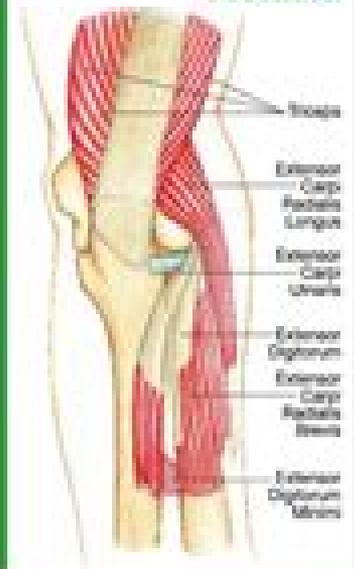
The Elbow is a complex hinge type of Synovial joint formed between the distal end of the Humerus and the proximal ends of the Ulna and Radius in the Forearm which allows extension and flexion in relation to the upper arm and rotation of the forearm. The major muscles of the Elbow are: the **Biceps Brachii**, who's action is to flex the Elbow and supinate the Forearm. The **Triceps Brachii**, the main extensor of the Elbow. The **Brachioradialis**, who's action is to flex the Elbow and add pronation and supination. The **Pronator Teres**, who's action is to add flexion and pronate the Forearm. The **Extensor Carpi Radialis Brevis**, who's action is to extend the Wrist and add extension of the Elbow. As with all synovial joints, a smooth, low friction layer of **Articular Cartilage** covers the ends of the bones providing a lubricated surface for articulation and facilitating the transmission of loads. The Elbow is inherently a stable joint supported by the **Ulnar Collateral Ligament**, the **Radial Collateral Ligament** and the **Annular Ligament**.

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