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The elbow is the region between the upper arm and the forearm that surrounds the elbow joint

[1] The elbow includes prominent landmarks such as the olecranon the cubital fossa also called the chelidon or the elbow pit and the lateral and the medial epicondyles of the humerus Nov 9 2025 The elbow joint connects the upper arm to the forearm

It is a hinge type synovial joint permitting flexion and extension of the forearm

In this article we will review the anatomy of the elbow joint including its articulations movements stabilising structures and clinical relevance

The elbow joint is where your humerus your upper arm bone meets your radius and ulna the two bones in your forearm

It joins your upper arm to your forearm The elbow allows the bending and extension of the forearm and it also allows the rotational movements of the radius and ulna that enable the palm of the hand to be turned upward or downward All of the nerves that travel down the arm pass across the elbow

Three main nerves begin together at the shoulder the radial nerve the ulnar nerve and the medial nerve

These nerves are responsible for signaling your muscles to work and to also relay sensations such as touch pain and temperature Sep 11 2023 The elbow joint is a synovial joint found in the upper limb between the arm and the forearm

It is the point of articulation of three bones the humerus of the arm and the radius and the ulna of the forearm Nov 18 2025 Find out why you might have elbow pain from tennis elbow to nerve issues and how to manage it effectively

Learn when to see a healthcare provider The elbow is where the two bones of the forearm the radius on the thumb side of the arm and the ulna on the pinky finger side meet the bone of the upper arm the humerus Apr 29 2023 Elbow pain is often caused by overuse or injury

Many sports hobbies and jobs require repetitive hand wrist or arm movements. Elbow pain can be the result of problems with bones muscles tendons ligaments or joints. Elbow pain may occasionally be due to arthritis Jan 23 2018 The elbow is one of the largest joints in the body

In conjunction with the shoulder joint and wrist the elbow gives the arm much of its versatility as well as structure and durability.

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