

The Elbow: A Comprehensive Guide from the American Academy of Orthopaedic Surgeons

The elbow is a complex joint that allows us to bend and straighten our arm. It is made up of three bones: the humerus (upper arm bone), the ulna (forearm bone on the inside), and the radius (forearm bone on the outside). The elbow joint is stabilized by a network of ligaments and tendons.

The elbow joint is a hinge joint, which means that it allows for flexion and extension (bending and straightening) of the arm. The humerus forms the upper part of the joint, and the ulna and radius form the lower part. The elbow joint is lined with a thin layer of cartilage, which helps to reduce friction and wear and tear.

The elbow joint is stabilized by a network of ligaments and tendons. The ligaments are tough bands of tissue that connect the bones of the joint, while the tendons are tough bands of tissue that connect the muscles to the bones.



Advanced Reconstruction: Elbow 2 (AAOS - American Academy of Orthopaedic Surgeons) by Amy Chazkel

★★★★★ 5 out of 5

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The elbow joint allows us to bend and straighten our arm. It also allows us to rotate our forearm, which is necessary for activities such as turning a doorknob or 拧开螺丝.

The elbow is a common site of injury. Some of the most common elbow injuries include:

- **Elbow dislocation:** This occurs when the bones of the elbow joint are forced out of their normal position. Elbow dislocations can be caused by a fall, a blow to the elbow, or a sports injury.
- **Elbow fracture:** This occurs when one or more of the bones of the elbow joint are broken. Elbow fractures can be caused by a fall, a blow to the elbow, or a sports injury.
- **Elbow tendinitis:** This is inflammation of the tendons that attach to the elbow joint. Elbow tendinitis can be caused by overuse, repetitive motions, or trauma.
- **Elbow bursitis:** This is inflammation of the bursa, a fluid-filled sac that helps to reduce friction between the bones of the elbow joint. Elbow bursitis can be caused by overuse, repetitive motions, or trauma.

Treatment for elbow injuries depends on the type and severity of the injury. Some common treatments for elbow injuries include:

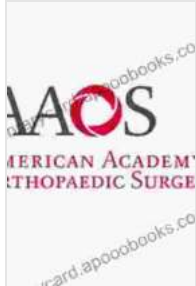
- **Rest:** Resting the injured elbow can help to reduce pain and swelling.
- **Ice:** Applying ice to the injured elbow can help to reduce pain and swelling.

- **Compression:** Compressing the injured elbow can help to reduce swelling.
- **Elevation:** Elevating the injured elbow above the heart can help to reduce swelling.
- **Medication:** Over-the-counter pain relievers, such as ibuprofen or acetaminophen, can help to reduce pain and inflammation.
- **Physical therapy:** Physical therapy can help to improve range of motion, strength, and function in the injured elbow.
- **Surgery:** Surgery may be necessary to repair a severe elbow injury, such as a dislocation or fracture.

There are a number of things you can do to prevent elbow injuries, including:

- **Warm up before exercising:** Warming up the muscles around the elbow before exercising can help to prevent injuries.
- **Use proper technique:** When lifting weights or doing other exercises, it is important to use proper technique to avoid putting excessive stress on the elbow joint.
- **Strengthen the muscles around the elbow:** Strengthening the muscles around the elbow can help to stabilize the joint and prevent injuries.
- **Avoid overuse:** Overuse can put excessive stress on the elbow joint and lead to injuries. It is important to take breaks during exercise and to avoid doing too much too soon.

The elbow is a complex and important joint that allows us to bend and straighten our arm. It is important to understand the anatomy and function of the elbow joint in Free Download to prevent and treat injuries.



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