Elbow Flexors

NP 402

Elbow Flexors

NP 416

Elbow Flexors

NP 402

Elbow Extensors

NP 403
Elbow Extensors

Torque vs Length Tension

Fig 6-37

S坪inators and Pronators
The brain activates the fewest muscle fibers possible for the performance/control of a joint movement. See Special Focus 6-5 Law of Parsimony

Supinators and Pronators

Fig 6-47

Fig 6-38
Using Shoulder flexors to pull the Elbow into Extension

A depiction of a person with C6 quadriplegia using the innervated clavicular portion of the pectoralis major and anterior deltoid (red arrow) to pull the humerus toward the midline. With the wrist/hand fixed to the surface, these muscles move the humerus and elbow into extension. The model in the illustration is assumed to have total paralysis of the triceps.

Elbow flexors acting at the shoulder

Clinical Connection 6-1

A person with C6 (cervical) quadriplegia using his elbow flexor muscles to bring his trunk off the mat. Note that the distal forearm is held fixed by the action of the wrist extensors and the wrist strap.

Is elbow flexion occurring?