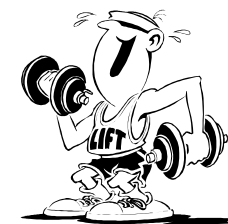
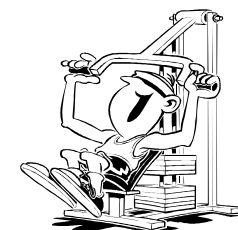
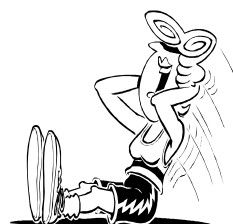


Muscle Lab The Arms



Questions? Contact _____
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Major Muscles

Location

Function

Exercises

UPPER ARM

Biceps Brachii
— long head
— short head

Front of the upper arm from the shoulder to the elbow

Elbow flexion
Shoulder flexion
Forearm supination

Biceps curls using various equipment and apparatus
Chin -ups
Rowing with palms up (supinated)

Triceps Brachii
— long head
— medial head
— lateral head

Back of the upper arm from the back of the shoulder to the elbow

Elbow extension
Shoulder extension

Tricep pressdowns or pushdowns; kickbacks; dips; overhead press; french press; push-ups; bench press (especially close grip)

Brachialis

Directly over the elbow

Elbow flexion

Neutral grip arm curls

LOWER ARM

Extensors

Top of the arm between the elbow and the wrist

Wrist and finger extension
Radial flexion (deviation, abduction)

Reverse wrist curls; gripping and racquet sports

Flexors

Flat underside of the arm from the elbow to the wrist

Wrist and finger flexion
Ulnar flexion (deviation, adduction)

Wrist curls, gripping and racquet sports

Rotators

Along the forearm between the wrist and the elbow

Elbow flexion
Forearm supination and pronation

Supination and pronation of the forearm with a dumbbell or stick

Some Common Arm Injuries

Prevention Techniques

Muscular Strain
— overstretching the musculotendonous tissue

Always warm-up before physical activity and adequately stretch after exercise.
Work within an effective and safe range of motion with an amount of weight that can be moved through the full range of motion.

Biceps Tendon Rupture
— forceful contraction of the biceps muscle or an external force exerted on the biceps while it is in a shortened state.

Practice proper technique; lift an amount of weight that can be moved in a controlled manner within a safe and effective range of motion.

Tennis, Golf, Little League Elbow or Wrist Tendonitis
— overuse syndrome of the elbow or wrist

Practice proper technique; have good equipment; strengthen muscles to handle the load required for the sport or work activity; relieve inflammation with ice treatments to allow healing.