

Student Name: \_\_\_\_\_

Using your notes from AP I and Myology along with the Anatomy of Movement textbook complete the following review. It is due the week that Chapter 4 (Assessment of the elbow) is done. It will be graded. No late papers will be accepted.

**ELBOW REVIEW:**

I. Elbow ranges of motion:

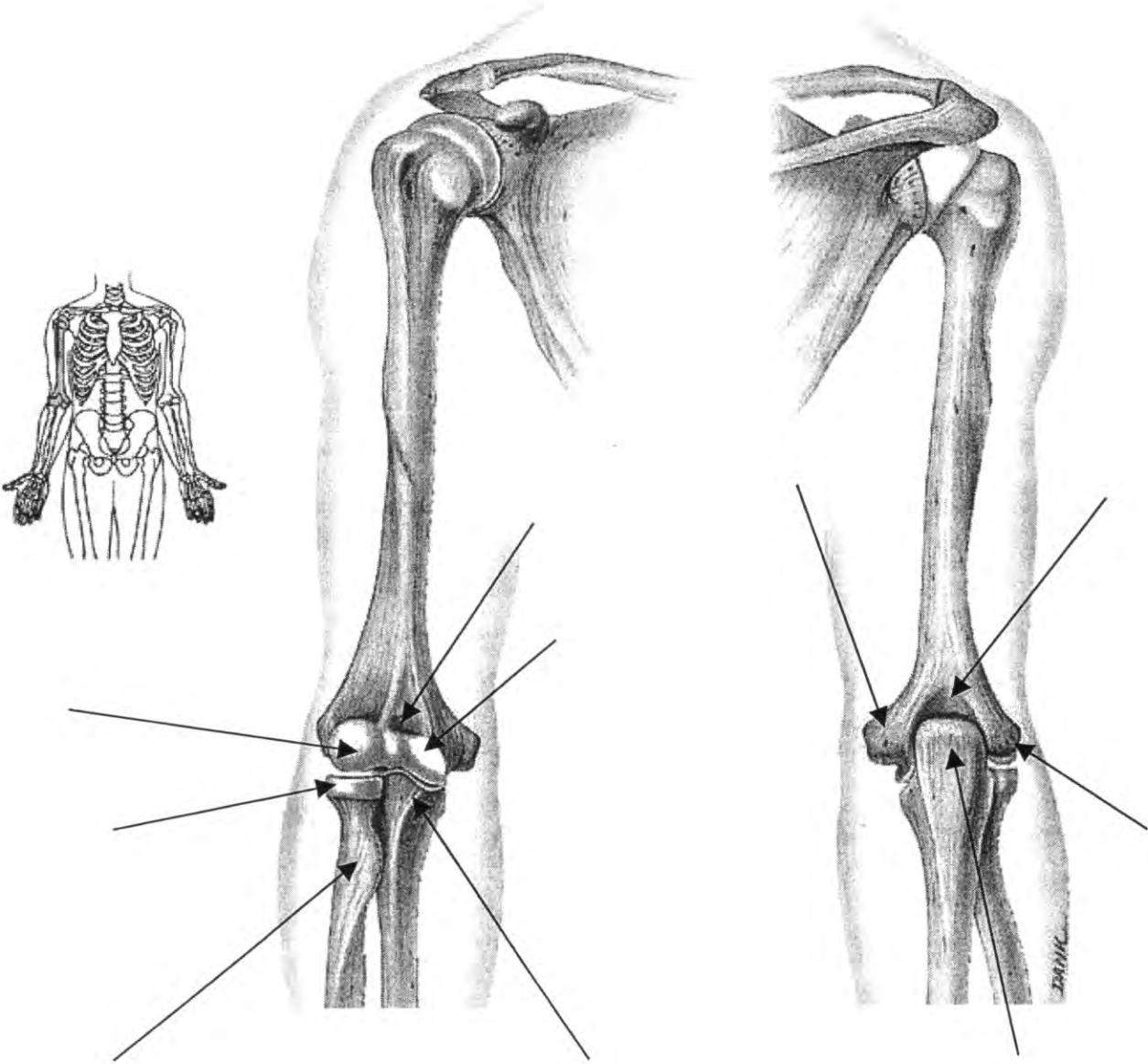
A. Describe the following Elbow ranges of motions:

- a. Flexion: \_\_\_\_\_
- b. Extension: \_\_\_\_\_
- c. Pronation: \_\_\_\_\_
- d. Supination: \_\_\_\_\_

II. Osteology Review:

- 1. What three bones make up the elbow: \_\_\_\_\_
- 2. What does the trochlea articulate with: \_\_\_\_\_
- 3. What does the capitulum articulate with: \_\_\_\_\_
- 4. What does the coronoid fossa of the humerus receive: \_\_\_\_\_
- 5. What bone has the olecranon process and where does the olecranon process go with full elbow extension: \_\_\_\_\_
- 6. What bone articulates with the trochlear notch: \_\_\_\_\_
- 7. What inserts onto the radial tuberosity: \_\_\_\_\_
- 8. The coronoid process is on what bone: \_\_\_\_\_
- 9. Describe where the following ligaments of the elbow: (attachments)
  - a. Capsule: \_\_\_\_\_
  - b. Annular ligament: \_\_\_\_\_
    - i. What movement does it allow: \_\_\_\_\_
  - c. Radial collateral ligament: \_\_\_\_\_
    - i. What movement does it prevent: \_\_\_\_\_
  - d. Ulnar collateral ligament: \_\_\_\_\_
    - i. What movement does it prevent: \_\_\_\_\_

10. Label the diagram:



III. Arthrology Review:

1. What are the three joints that make up the elbow joint:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. Which joints allow for flexion and extension: \_\_\_\_\_
3. Which joint allows for pronation and supination: \_\_\_\_\_

IV. Myology Review:

1. Name three muscles that flex the elbow: \_\_\_\_\_  
\_\_\_\_\_
2. Of the three, which flexes the elbow in the neutral position: \_\_\_\_\_
3. What is the insertion of the brachioradialis: \_\_\_\_\_
4. What is the insertion of the biceps muscle: what are two actions of the biceps muscles at the elbow: \_\_\_\_\_
5. What muscles extend the elbow: \_\_\_\_\_
6. Two forearm pronators: \_\_\_\_\_
7. What is the origin of the brachialis: \_\_\_\_\_
8. What is the origin of the brachioradialis: \_\_\_\_\_
9. What is the origin and insertion of the pronator teres: \_\_\_\_\_  
\_\_\_\_\_
10. What is the origin and insertion of the pronator quadratus: \_\_\_\_\_  
\_\_\_\_\_