# How Does Muscle and Bone Move Our Arm?

## Video Transcript

Our hand is made of the forearm and upper arm bones. Both of these bones are joined at the elbow. Upper arm bones are covered with bicep muscles and tricep muscles. The forearm bone is connected to our upper arm muscles by tissues called tendons.

When we want to lift something with our arm, our brain sends the signal to our bicep muscles to contract and tricep muscle to relax. When biceps contract, its length decreases and the bone attached to it gets pulled. In this process, relaxation of tricep muscles will provide extra length so that the bone can easily move.

Muscles apply a pull force on the bones by contraction which results in movement.