



Model Arm
(laboratory card)

For the bone:

1. Cut the poster board into squares equal in length to your arm measurements. Work with a partner to measure the length of your humerus (shoulder to elbow) and then measure your radius and ulna (elbow to wrist).
2. Roll the squares tightly and bind the with rubber bands.
3. Label each bone (humerus, radius, and ulna).

For the joint:

1. Make a hole through all three bones. Be sure to put the holes on one end of each rolled up square. Also, be sure that the holes penetrate both sides of the roll.
2. Unbend a paperclip and thread it through the holes to connect the bones be sure to loop it at the ends.

For the muscles:

1. Slightly inflate 2 long balloons.
2. Tie knots in BOTH ends.
3. Tie the balloons on the muscles tying the string right under the knots on the balloons.
4. Attach the biceps first and then attach the triceps.