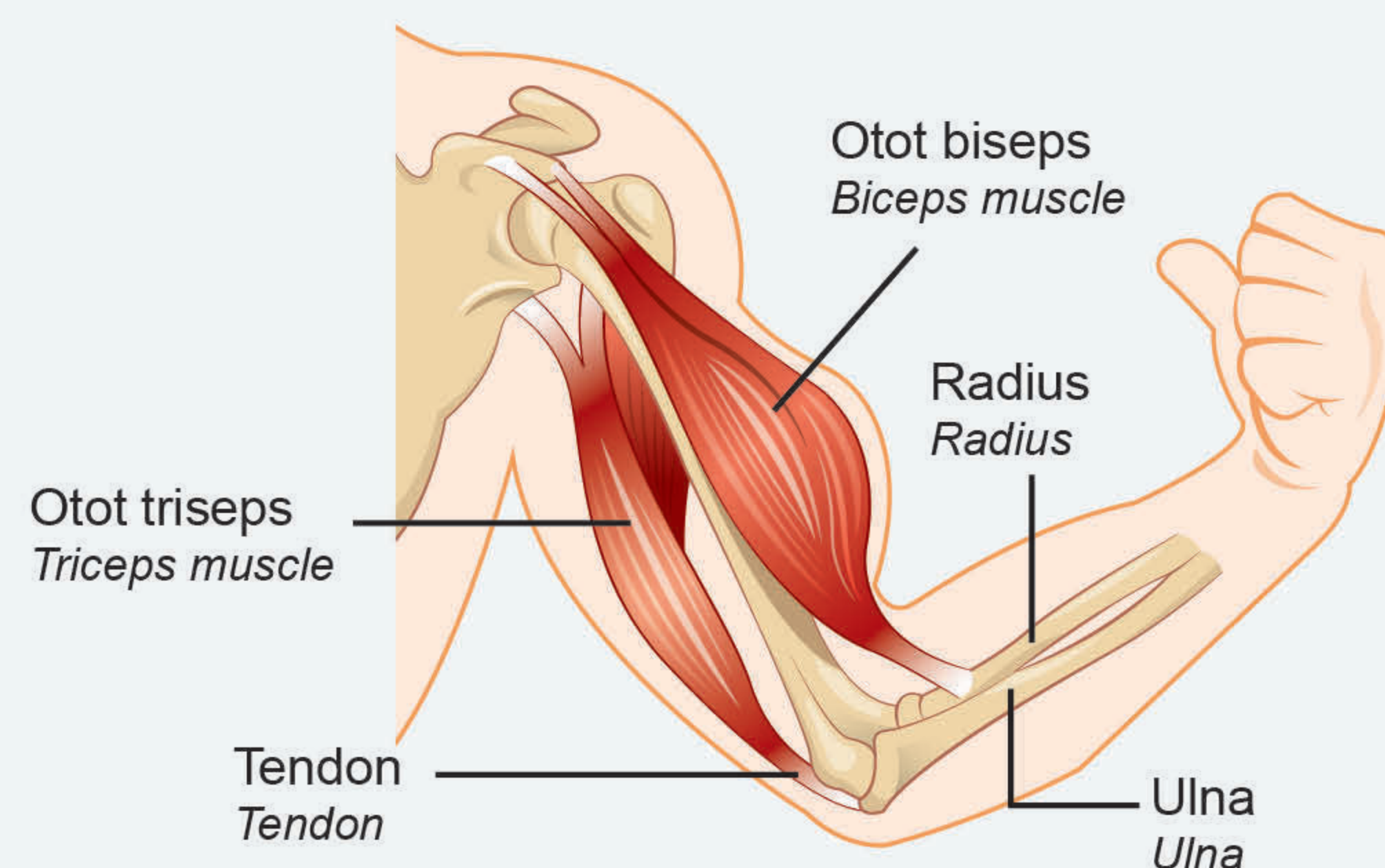




PERGERAKAN LENGAN

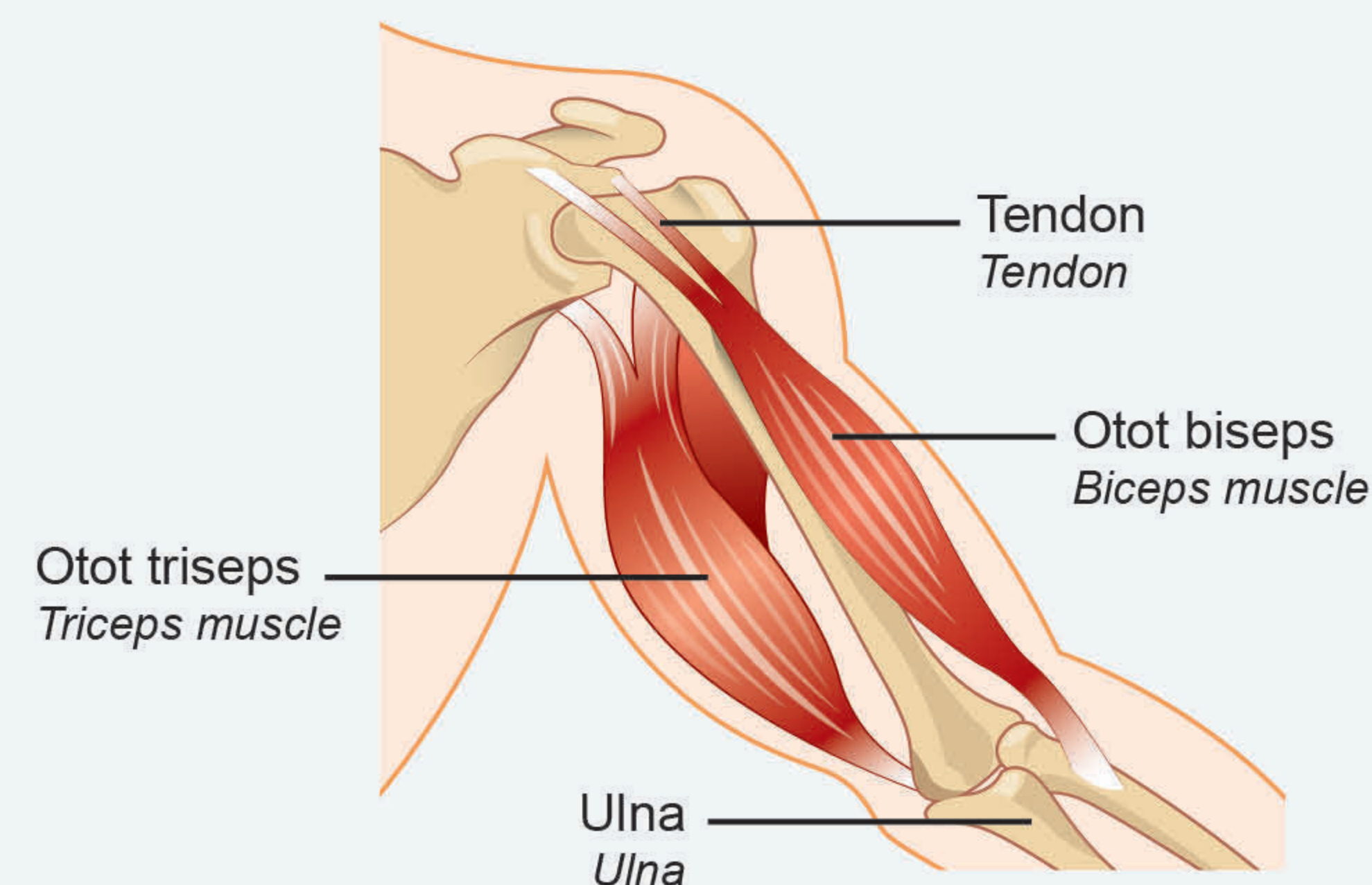
MOVEMENT OF ARM

Membengkokkan lengan *Bending the forearm*



- Otot biseps mengecut dan menjadi lebih pendek dan tebal.
The biceps muscle contracts and becomes shorter and thicker.
- Pada masa yang sama, otot triseps mengendur dan menjadi lebih nipis dan panjang.
The triceps muscle relaxes and becomes thinner and longer at the same time.
- Daya tarikan dihasilkan dan dipindahkan ke radius melalui tendon.
This exerts a pulling force which is transmitted to the radius through the tendon.
- Radius ditarik ke atas dan lengan dibengkokkan.
The radius is pulled upwards and the forearm is bent.

Meluruskan lengan *Straightening the forearm*



- Otot triseps mengecut dan otot biseps mengendur.
The triceps muscle contracts and the biceps muscle relaxes.
- Suatu daya tarikan dihasilkan dan dipindahkan ke ulna melalui tendon.
A pulling force is produced which is transmitted to the ulna through the tendon.
- Ulna ditarik ke bawah dan lengan diluruskan.
The ulna is pulled downwards and the forearm is straightened.