# Model of an Arm

Materials needed: Pieces of stiff cardboard, rubber bands, pins or pieces of wire, piece of string.

Method:

* Draw the shapes of the bones on the cardboard
* Cut out the ‘bones’ and attach them together using the pins or wire. The joint must be movable but slack enough that the lower arm falls down by its own weight.
* Using short pieces of string, attach the rubber bands to the bones in the positions indicated on the diagram below. These represent the muscles and tendons.
* The model works best of it is constructed so that the arm is in the folded position. If rubber band used for muscles, the muscle can be shortened by twisting a pencil in it.

