

Material Drawing: Elbow Pad



Elbow pads are protective padded gear worn on the elbows to protect them against injury during a fall or a strike.

Elbow pads are worn by many athletes, especially cyclists, roller skaters, skateboarders, volleyball players, skiers and wrestlers. Wrestlers sometimes use elbow pads as weapons by slapping their opponents, or take it off for an Atomic Elbow.

Soldiers also sometimes wear shoulder pads.