



Home → Health Topics → Arm Injuries and Disorders

URL of this page: <https://medlineplus.gov/arminjuriesanddisorders.html>

Arm Injuries and Disorders

Of the 206 bones in your body, three of them are in your arm: the humerus, radius, and ulna. Your arms are also made up of muscles, joints, tendons, and other connective tissue. Injuries to any of these parts of the arm can occur during sports, a fall, or an accident.

Types of arm injuries include :

- Tendinitis [<https://medlineplus.gov/tendinitis.html>] and bursitis [<https://medlineplus.gov/bursitis.html>]
- Sprains [<https://medlineplus.gov/sprainsandstrains.html>]
- Dislocations [<https://medlineplus.gov/dislocations.html>]
- Fractures [<https://medlineplus.gov/fractures.html>] (broken bones)
- Nerve problems [<https://medlineplus.gov/peripheralnervedisorders.html>]
- Osteoarthritis [<https://medlineplus.gov/osteoarthritis.html>]

You may also have problems or injure specific parts of your arm, such as your hand

[<https://medlineplus.gov/handinjuriesanddisorders.html>] , wrist [<https://medlineplus.gov/wristinjuriesanddisorders.html>] , elbow [<https://medlineplus.gov/elbowinjuriesanddisorders.html>] , or shoulder [<https://medlineplus.gov/shoulderinjuriesanddisorders.html>] .

Start Here

- Arm Pain [<https://www.mayoclinic.org/symptoms/arm-pain/basics/definition/SYM-20050870?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/symptoms/arm-pain/basics/definition/sym-20050870?p=1>]
- Hand/Wrist/Arm Problems [<https://familydoctor.org/symptom/handwristarm-problems/?adfree=true>]
(American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-la-mano-de-la-muneca-o-del-brazo/?adfree=true>]

Diagnosis and Tests

- Bone X-Ray [<https://www.radiologyinfo.org/en/info/bonerad>]
 (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/bonerad>]
- Hand/Wrist/Arm Problems [<https://familydoctor.org/symptom/handwristarm-problems/?adfree=true>]
(American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-la-mano-de-la-muneca-o-del-brazo/?adfree=true>]
- Upper Extremity Radiography [<https://www.asrt.org/docs/default-source/patientpages/upperextremity.pdf>]
(American Society of Radiologic Technologists) - PDF - In English and Spanish
- X-Ray Exam: Forearm [<https://kidshealth.org/en/parents/xray-forearm.html>] (Nemours Foundation)
- X-Ray Exam: Upper Arm (Humerus) [<https://kidshealth.org/en/parents/xray-humerus.html>] (Nemours Foundation)

Specifics

- Broken Arm [<https://www.mayoclinic.org/diseases-conditions/broken-arm/symptoms-causes/syc-20353260?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/broken-arm/symptoms-causes/syc-20353260?p=1>]
- Buerger Disease [<https://www.mayoclinic.org/diseases-conditions/buergers-disease/symptoms-causes/syc-20350658?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/buergers-disease/symptoms-causes/syc-20350658?p=1>]
- Chronic Exertional Compartment Syndrome [<https://www.mayoclinic.org/diseases-conditions/chronic-exertional-compartment-syndrome/symptoms-causes/syc-20350830?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/chronic-exertional-compartment-syndrome/symptoms-causes/syc-20350830?p=1>]
- Distal Radius Fractures (Broken Wrist) [<https://orthoinfo.aaos.org/en/diseases--conditions/distal-radius-fractures-broken-wrist/>] (American Academy of Orthopaedic Surgeons)
Also in Spanish [<https://orthoinfo.aaos.org/es/diseases--conditions/fracturas-distales-del-radio-muneca-quebrada-distal-radius-fractures/>]
- Lymphedema [<https://www.mayoclinic.org/diseases-conditions/lymphedema/symptoms-causes/syc-20374682?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/lymphedema/symptoms-causes/syc-20374682?p=1>]
- Ulnar Nerve Entrapment at the Elbow (Cubital Tunnel Syndrome) [<https://orthoinfo.aaos.org/en/diseases--conditions/ulnar-nerve-entrapment-at-the-elbow-cubital-tunnel-syndrome/>] (American Academy of Orthopaedic Surgeons)
Also in Spanish [<https://orthoinfo.aaos.org/es/diseases--conditions/atrapamiento-del-nervio-cubital-en-el-codo-sindrome-del-tunel-cubital-ulnar-nerve-entrapment-at-the-elbow/>]

Genetics

- Liebenberg syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/liebenberg-syndrome>]  (National Library of Medicine)

Clinical Trials

- ClinicalTrials.gov: Arm Injuries [<https://clinicaltrials.gov/search?cond=%22Arm+Injuries%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Humeral Fractures [<https://clinicaltrials.gov/search?cond=%22Humeral+Fractures%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Radius Fractures [<https://clinicaltrials.gov/search?cond=%22Radius+Fractures%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Ulna Fractures [<https://clinicaltrials.gov/search?cond=%22Ulna+Fractures%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Radiographic identification method of safe medial pinning zone and its clinical... [<https://www.ncbi.nlm.nih.gov/pubmed/40721788>]
- Article: Bone transport combined with internal fixation in post-traumatic distal humerus defects... [<https://www.ncbi.nlm.nih.gov/pubmed/40713806>]
- Article: TCM splints versus internal fixation for distal radius fractures: A systematic... [<https://www.ncbi.nlm.nih.gov/pubmed/40696609>]
- Arm Injuries and Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Humeral+Fractures%22%5Bmajr%3Aexp%5D+OR+%22Ulna+Fractures%22%5Bmajr%3Aexp%5D+OR+%22Arm%2Fphysiopathology%22%5Bmajr%3Aexp%5D+OR+%22Radius+Fractures%22%5Bmajr%3Aexp%5D+OR+%22Arm+Injuries%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year>]

Reference Desk

- Muscles of the Upper Extremity [<https://training.seer.cancer.gov/anatomy/muscular/groups/upper.html>]  (National Cancer Institute)

Find an Expert

- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>] 
Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

Children

- Forearm Fractures in Children [<https://orthoinfo.aaos.org/en/diseases--conditions/forearm-fractures-in-children/>] (American Academy of Orthopaedic Surgeons)

Older Adults

- Bruising Hands and Arms [<https://www.aocd.org/page/BruisingHandsAndArms?>] (American Osteopathic College of Dermatology)

Patient Handouts

- Arm CT scan [<https://medlineplus.gov/ency/article/007347.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007347.htm>]
- Brachial plexopathy [<https://medlineplus.gov/ency/article/001418.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001418.htm>]
- Radial head fracture - aftercare [<https://medlineplus.gov/ency/patientinstructions/000561.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000561.htm>]
- Radial nerve dysfunction [<https://medlineplus.gov/ency/article/000790.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000790.htm>]



MEDICAL ENCYCLOPEDIA

- Arm CT scan [<https://medlineplus.gov/ency/article/007347.htm>]
- Arm MRI scan [<https://medlineplus.gov/ency/article/007358.htm>]
- Armpit lump [<https://medlineplus.gov/ency/article/003099.htm>]
- Brachial plexopathy [<https://medlineplus.gov/ency/article/001418.htm>]
- Brachial plexus injury in newborns [<https://medlineplus.gov/ency/article/001395.htm>]
- Radial head fracture - aftercare [<https://medlineplus.gov/ency/patientinstructions/000561.htm>]

Radial nerve dysfunction [<https://medlineplus.gov/ency/article/000790.htm>]

Skeletal limb abnormalities [<https://medlineplus.gov/ency/article/003170.htm>]

Volkmann contracture [<https://medlineplus.gov/ency/article/001221.htm>]

Related Health Topics

Elbow Injuries and Disorders [<https://medlineplus.gov/elbowinjuriesanddisorders.html>]

Hand Injuries and Disorders [<https://medlineplus.gov/handinjuriesanddisorders.html>]

Shoulder Injuries and Disorders [<https://medlineplus.gov/shoulderinjuriesanddisorders.html>]

Wrist Injuries and Disorders [<https://medlineplus.gov/wristinjuriesanddisorders.html>]

National Institutes of Health

The primary NIH organization for research on *Arm Injuries and Disorders* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

Other Languages

Find health information in languages other than English

[<https://medlineplus.gov/languages/arminjuriesanddisorders.html>] on *Arm Injuries and Disorders*

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