**The elbow**

The contours of the elbow vary a lot, depending on whether the arm is stretched out or bent. The following figure explains this by looking at a simplified view of the bones and muscles:

The humerus is very wide near the elbow, with a large bit sticking out at the inside of the arm (downwards in the illustration). This large bit, the inner epicondyle, serves as the anchor point for various muscles that flex the wrist. These muscles are only lightly outlined in the drawing.

There's also a smaller bit sticking out at the outside of the arm. You usually don't see it, but it pushes the forearm muscles outward when the arm is fully extended. In the second illustration where the arm is bent 45 degrees, they pass on the inside of this protrusion, and the widest part of the arm is now right below the elbow.

Nothing much happens at 90 degrees, we can see the elbow bone and the tendon of the triceps sticking out. But if the arm is bent further, the lower arm muscles and the wrist and finger flexors are squished against the biceps, and they become visible again.