

The forearm is the region of the upper limb between the elbow and the wrist.

The term forearm is used in anatomy to distinguish it from the arm, a word which is most often used to describe the entire appendage of the upper limb, but which in anatomy, technically, means only the region of the upper arm, whereas the lower “arm” is called the forearm. It is homologous to the region of the leg that lies between the knee and the ankle joints, the crus.

The forearm contains two long bones, the radius and the ulna, forming the radioulnar joint. The interosseous membrane connects these bones. Ultimately, the forearm is covered by skin, the anterior surface usually being less hairy than the posterior surface.

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