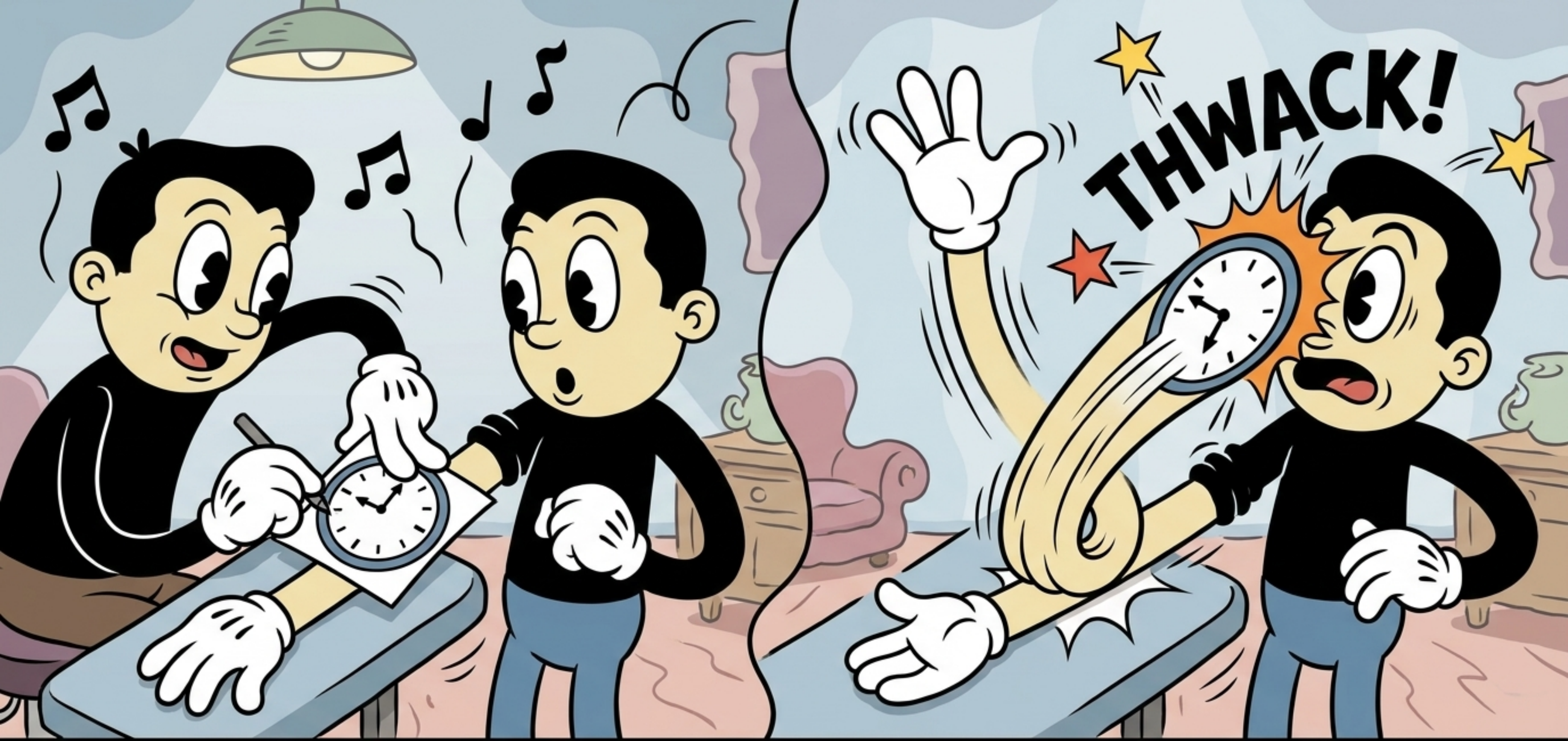




High-distortion zones like the inner elbow experience up to 30 percent linear extension during movement.

**Time really flies when you bend your arm.**