Explain the cause of an electric shock when you bend your elbow on the table

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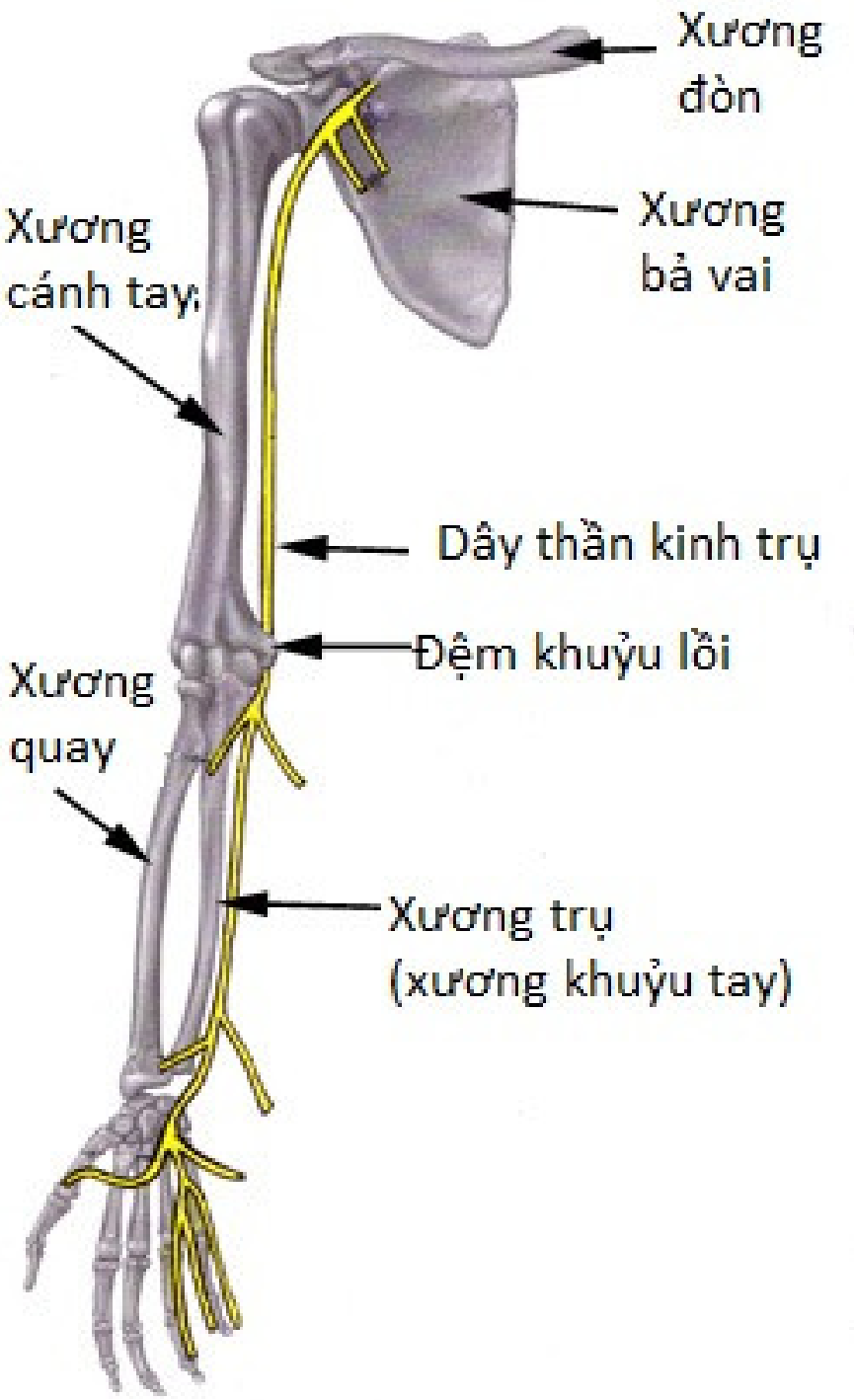
The part just below our elbow is a very sensitive part of the external impact called the **funny bone** . This is a cylindrical nerve, one of the three major neurological parts in human hands.

This nerve is divided into small branches, and these branches are the place to create **a tight feeling** .



Sudden contractions in the elbow are the main cause of tightening of the muscles.

Elbow nerves are protected by bones, ligaments, or muscles and some other nerves. But in the elbow area alone, the nerves passed through the bony limbs where only the fat and skin layers were protected. Those two "thin" protective layers cannot protect the cranky nerves from collisions thus causing **the "electric shock" effect to** spread throughout the arm.

This electric shock sensation even spreads to your fingers as the elbow nerve passes through a muscle layer and leads to your fingers.

This will quickly go away, but if your elbow pain persists, you should see your doctor. It is most likely a warning sign that your health has "problems".

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