The Prophet (may Allah's peace and blessings be upon him) used to run the water around his elbows while performing ablution

Jābir ibn ‘Abdullāh (may Allah be pleased with him) reported: The Prophet (may Allah's peace and blessings be upon him) used to run the water around his elbows while performing ablution.

[Authentic hadith] [Al-Bayhaqi - Narrated by Ad-Daraqutny]

This Hadīth indicates that among the obligations of ablution is to wash the hands up to the elbows. Stressing the necessity of washing the elbows thoroughly indicates that they are included in the washing of hands.

http://www.sunnah.global/hadeeth/en/show/8383