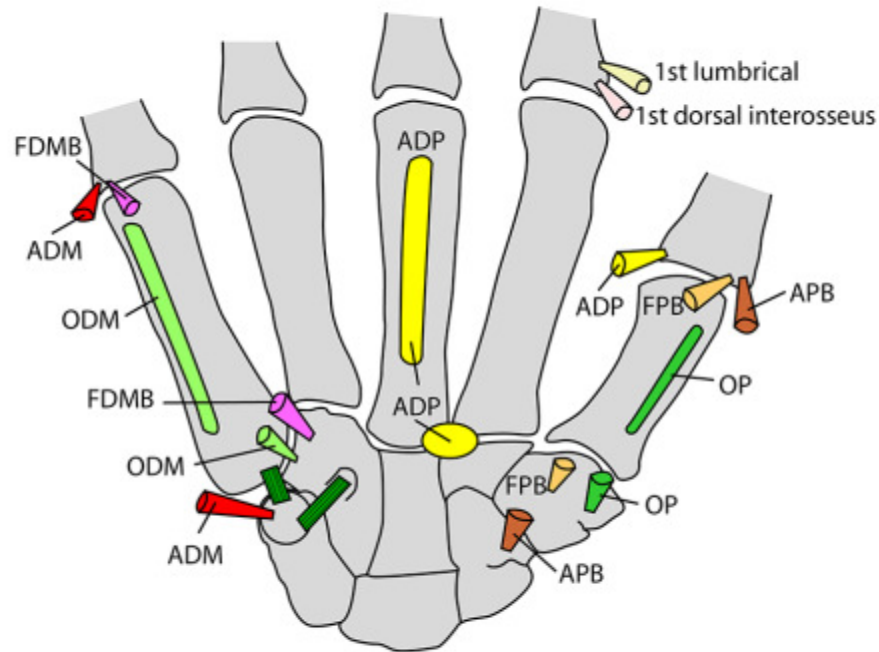


Small Muscles of the Hand

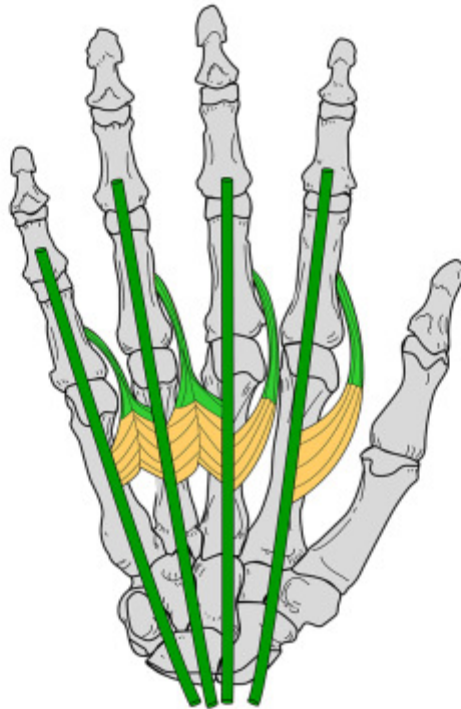
ATTACHMENTS OF SMALL MUSCLES OF THE HAND



	Adductor pollicis		Flexor digiti minimi brevis
	Opponens pollicis		Abductor digiti minimi
	Opponens digiti minimi		Pisometacarpal & PISOHAMATE ligaments
	Abductor pollicis brevis		Flexor pollicis brevis

For details of attachments & action, see muscle section in the book - Instant Anatomy, by R H Whitaker & N R Borley. 4th edition. Wiley-Blackwell 2010

RIGHT LUMBRICALS



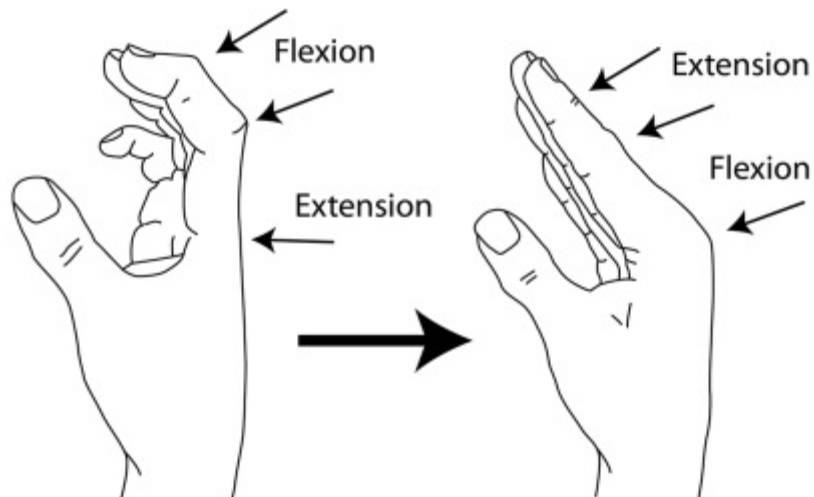
Origin: 4 tendons from flexor digitorum profundus, radial 2 are unipennate, ulnar 2 bipennate

Insertion: Extensor expansion over dorsum of proximal phalanx, distal to insertion of interossei, on radial side of fingers 2-5. NO bony attachments

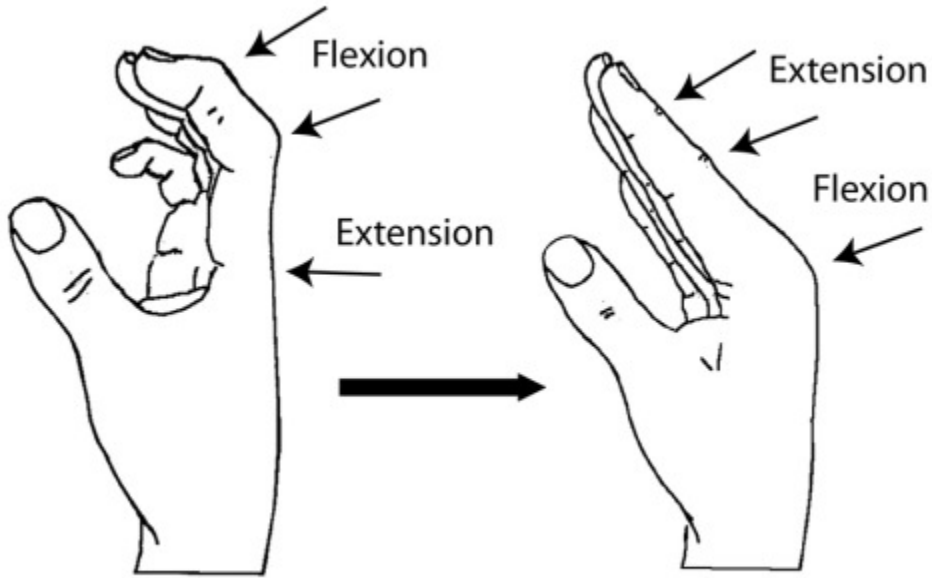
Action: Flexion of metacarpophalangeal joints and extension of both interphalangeal joints of all fingers

Nerve supply: Ulnar n to ulnar 2, median n to radial 2 (can be 2:2, 3:1 or 1:3)

ACTION OF THE INTEROSSEI AND LUMBRICALS

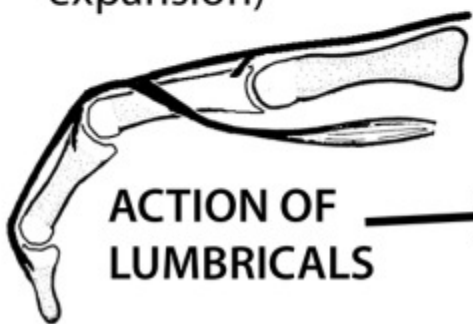


ACTION OF THE INTEROSSEI AND LUMBRICALS

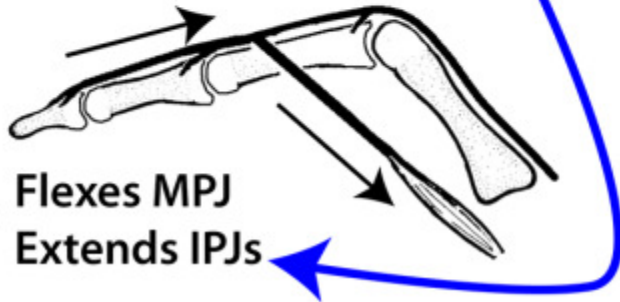


Attached from **tendon (FDP)** to **tendon (dorsal expansion)**

Attached to **bone (base of proximal phalanx) AND tendon (dorsal expansion)**

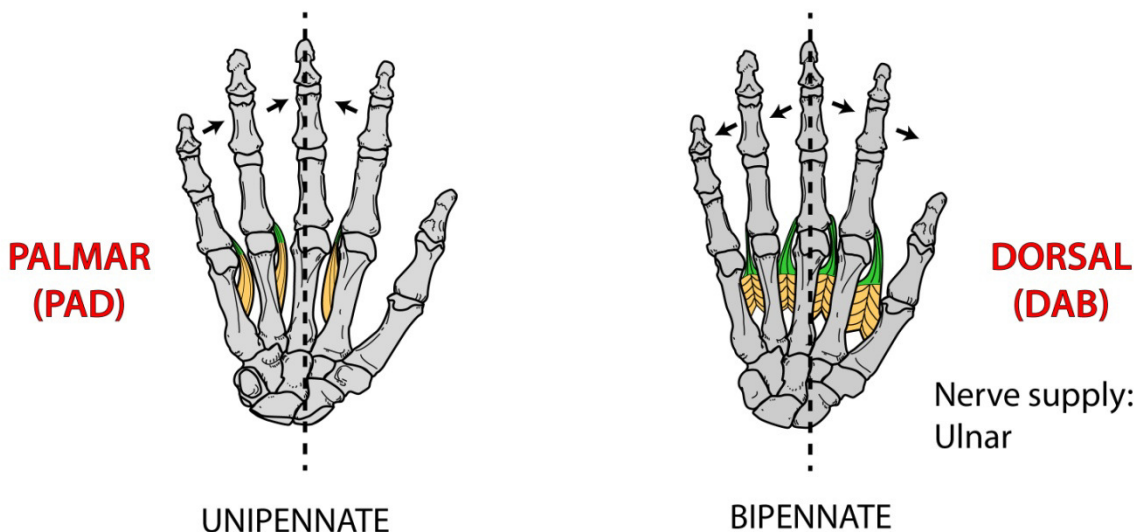


ACTION OF LUMBRICALS



**Flexes MPJ
Extends IPJs**

INTEROSSEOUS MUSCLES

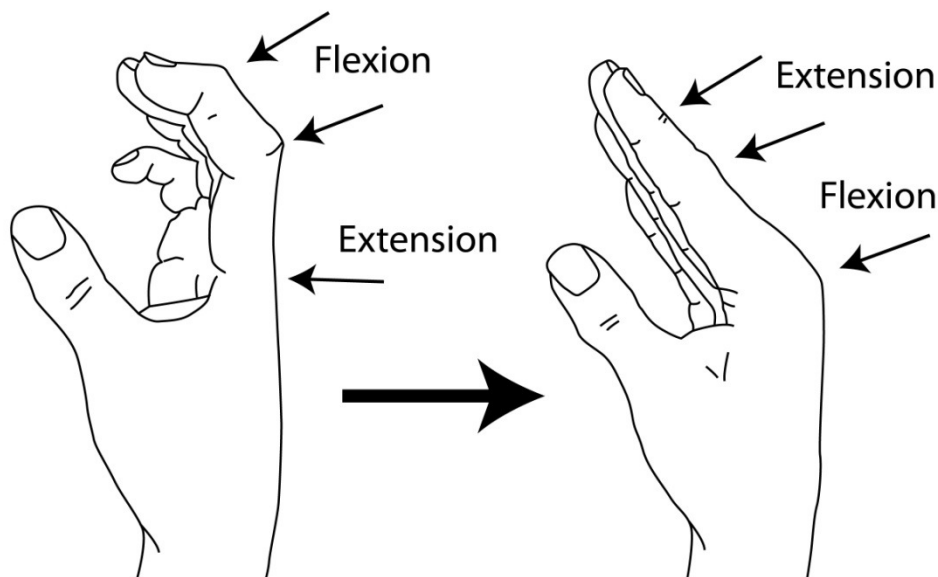


Origin: Anterior shafts of metacarpals 2,4,5
Insertion: Dorsal expansion & prox phalanx
Action: Flex metacarpophalangeal & extend both interphalangeal joints
 Adduct as per arrows

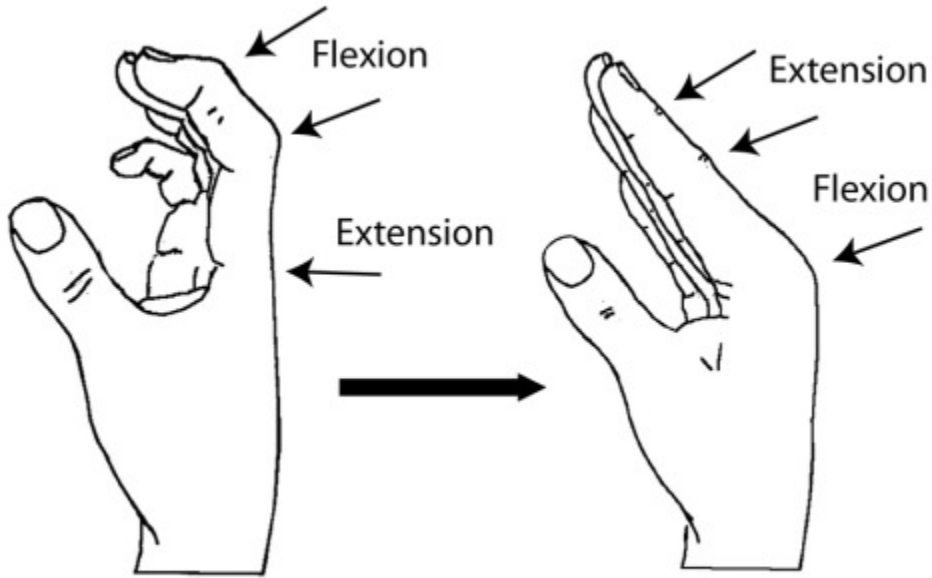
Origin: Inner shafts all metacarpals
Insertion: Dorsal expansion & prox phalanx
Action: Flex metacarpophalangeal & extend both interphalangeal joints
 Abduct as per arrows

They act by taking up the slack in the extensor expansion so that the pull of the long extensor is not wasted wholly on the metacarpophalangeal joints

ACTION OF THE INTEROSSEI AND LUMBRICALS

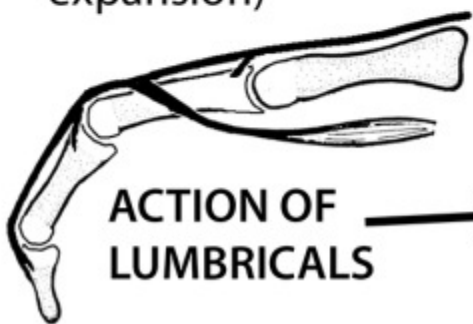


ACTION OF THE INTEROSSEI AND LUMBRICALS



Attached from **tendon (FDP)** to **tendon (dorsal expansion)**

Attached to **bone (base of proximal phalanx) AND tendon (dorsal expansion)**

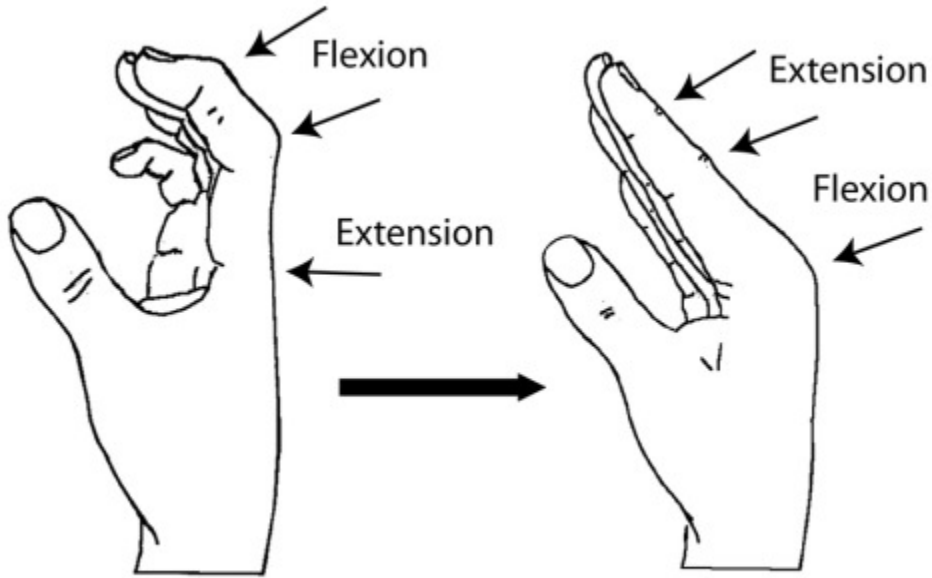


ACTION OF LUMBRICALS



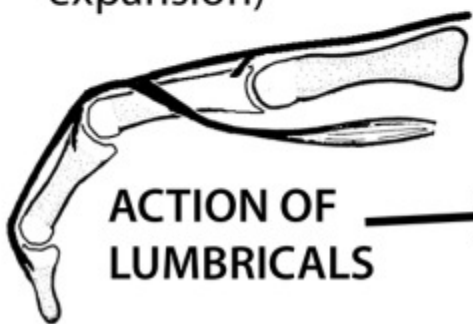
**Flexes MPJ
Extends IPJs**

ACTION OF THE INTEROSSEI AND LUMBRICALS



Attached from **tendon (FDP)** to **tendon (dorsal expansion)**

Attached to **bone (base of proximal phalanx) AND tendon (dorsal expansion)**



ACTION OF LUMBRICALS



**Flexes MPJ
Extends IPJs**

