

A comparison of the hand and foot

**COMPARISON OF MUSCLES/TENDONS & THEIR NERVE SUPPLY IN HAND & FOOT**

HAND MUSCLES (palmar)	NERVE IN HAND	FOOT MUSCLES (plantar)	NERVE IN FOOT
Interossei (ref to middle finger)	Ulnar	Interossei (ref to 2nd toe)	Lateral plantar
Lumbricals 1 & 2	Median	Lumbricals 1	Medial plantar
Lumbricals 3, 4	Ulnar	Lumbricals 2, 3, 4	Lateral plantar
Thenar (abductor pollicis brevis, flexor pollicis brevis, opponens pollicis)	Median	To hallux (abductor hallucis flexor hallucis brevis)	Medial plantar
Adductor pollicis	Ulnar	Adductor hallucis	Lateral plantar
Hypothenar (abductor digiti minimi, flexor digiti minimi brevis, opponens digiti minimi)	Ulnar	To 5th toe (abductor digiti minimi, flexor digiti minimi brevis)	Lateral plantar
Flexor digitorum superficialis	Median	Flexor digitorum brevis	Medial plantar

**Note:** There is no equivalent in the upper limb of **quadratus plantae** (flexor accessorius) which is supplied by the lateral plantar nerve. Easy to remember as this muscle arises on the lateral side of the foot.

This table clearly shows that the **lateral plantar nerve is the equivalent to the ulnar nerve** and the **medial plantar is equivalent to the median nerve**.