

MUSCLES OF THE UPPER EXTREMITY:

Movement of the shoulder and arm:

Anterior Axioappendicular Muscles:

<p><i>Pectoralis major</i> Nerves: Lateral and medial pectoral nerves Roots: Clavicular (C 5-6), Sternocostal (C 7-8, T1)</p> <p>S: Adduction: Latissimus Dorsi, Teres (major & minor), Infraspinatus, Long head Triceps, coracobrachialis</p> <p>A: Abduction: All 3 parts of Deltoid, Supraspinatus,</p>	<p>O: (clavicular head) medial 1/2 of Clavicle, (Sternocostal) Sternum, Anterior surface of Ribs 1-6, aponeurosis of External Oblique</p> <p>I: Lateral lip of intertubercular sulcus of humerus.</p> <p>Extension: Posterior deltoid, Latissimus dorsi, teres major, Long head Tricep</p> <p>Flexion: Anterior Deltoid, Biceps brachii coracobrachialis</p>	<p><i>All fibers:</i> Adducts and medially rotates humerus at shoulder. Also, draws scapula anteriorly and inferiorly</p> <p><i>Clavicular and Sterno fibers:</i> flexes and horizonly adducts humerus.</p> <p><i>Costal fibers:</i> extends humerus.</p> <p>Medial rotation: Latissimus Dorsi, Anterior Deltoid, Teres major, subscapularis</p> <p>Lateral rotation: Infraspinatus, Teres minor, Posterior Deltoid</p>
<p><i>Pectoralis minor</i> Nerve: Medial pectoral nerves Roots: (C8 and T1)</p> <p>S: Abduction: Serratus Anterior</p> <p>A: Adduction: Romboideus Major and Minor, middle Tapezius</p>	<p>O: Anterior superior surface of ribs 3-5 sometimes rib 6</p> <p>I: Coracoid process of scapula.</p> <p>Depression: Lower Trapezius, Serratus anterior</p> <p>Elevation : Upper Trapezius, Rhomboid major & minor, Levator Scapula</p>	<p><i>With ribs fixed:</i> Depresses, abducts, downwardly rotate scapula.</p> <p><i>With scapula fixed:</i> Elevates 3rd through 5th ribs during forced inspiration.</p> <p>Downward rotation: Rhomboid major and minor, Levator scapula,</p> <p>Upward rotation: Trapezius (upper nad lower fibers), Serratus anterior</p>
<p><i>Serratus anterior</i> Nerve: Long thoracic nerve Roots: C5 -C7</p> <p>S: Abduction: Pectoralis Minor</p> <p>A: Adduction: Romboideus Major and Minor, middle Trapezius</p>	<p>O: Lateral surface of Superior 8 or 9 ribs.</p> <p>I: Vertebral border and inferior angle of scapula</p> <p>Upward rotation: Upper and lower Trapezius, Downward rotation: Levator Scapula, Both Romboideus</p>	<p>Abducts (Protracts) scapula, rotates it upward, and holds it against thoracic wall</p>

Posterior Axioappendicular Muscle: (Superficial, Deep, and Scapulohumeral groups)

Superficial:

Upper Trapezius

Nerve: Spinal Accessory Nerve
Roots: C3 and C4

O: Superior nuchal line of occipital bone, ligamentum nuchae, and spines cervical vertebrae.
I: Lateral 1/3 of Clavicle and acromion process.
Scapular elevation and upward rotation
Upward rotation: Serratus anterior
Downward rotation: Rhomboideus Major & Minor, Levator scapulae, Pectoralis minor

S: Elevation: Levator scapulae, Rhomdoid (major and minor)

A: Depression: Lower Trapezius, Serratus anterior, Pectoralis minor

Middle Trapezius

Nerve: Spinal Accessory Nerve
Roots: C3 and C4

O: Spinous processes of T1 to T5
I: Scapular Spine
Scapular adduction (retraction)

S: Adduction: Rhomboideus Major & Minor

A: Abduction: Serratus anterior, Pectoralis minor

Lower Trapezius

Nerve: Spinal Accessory Nerve
Roots: C3 and C4

O: Spinous processes of middle and lower thoracic vertebrae (T6-T12)
I: Base of the scapular spine
Scapular depression and upward rotation.
Upward rotation: Upper and lower Trapezius, Serratus anterior
Downward rotation: Both Romboids, Levator scapulae, Pectoralis minor

S: Depression: pectoralis minor, Serratus anterior

A: Elevation: Levator scapulae, upper Trapezius, both Romboids

Latissimus dorsi

Nerve: Thoracodorsal nerve
Roots: C6 -C8

O: Spinous processes of T7 -L5 via the dorsolumbar fascia, posterior surface of sacrum, Iliac crest, lower 3 ribs
I: Medial lip of the Intertubercular sulcus of humerus.
Extends, hyperextension, adducts and medially rotates humerus. Raises body toward arms during climbing

S: Extension: Posterior Deloid, Teres major, Pectoralis Major

Medial rotation: Teres major, Pectoralis Major, Subscapularis, Anterior Deltoid

Adduction: Teres (major & minor), Pectoralis Major
Infraspinatus, Triceps brachii, Coracobrachialis

A: Flexion: Anterior Deltoid, Pectoralis Major, Biceps brachii
Coracobrachialis

Lateral Rotation: Infraspinatus, Teres minor, posterior Deltoid

Abduction: Deltoid, Supraspinatus

Deep:

Levator scapulae	O:	Transverse processes of C1 - C4	Elevates scapula, Downward rotation of Glenoid cavity
Nerve: Dorsal scapular and cervical nerves		vertebrae	
Roots: Dorsal scapular (C5) and cervical (C3 and C4) nerves	I:	Superior vertebral border of scapula.	
S: Elvation: Upper Trapezius, Rhomboids (major and minor)		Downward rotation: Rhomboids, Pectoralis minor	
A: Depression: Lower Trapezius, Serratus anterior, Pectoralis minor		Upward rotation: Upper and Lower Trapezius, Serratus anterior	

Rhomboideus minor	O:	Nuchal ligament and spinous processes of C7 and T1 vertebrae	Adducts (Retracts) scapula, Downward rotation, Stabilizes scapula.
Nerve: Dorsal scapular nerve			
Roots: C4 - C5	I:	Vertebral border of scapula superior to spine	
S: Adduction: Middle Trapezius, Rhomboid major		Downward rotation: Rhomboid major, Levator scapulae, pectoralis minor	
A: Abduction: Serratus anterior, pectoralis minor		Upward rotation: Upper and lower Trapezius, Serratus anterior	

Rhomboideus major	O:	Spinous processes of T2 - T5 vertebrae	Adducts (Retracts) scapula, Downward rotation,
Nerve: Dorsal scapular nerve	I:	Vertebral border of scapula from spine	Stabilizes scapula.
Roots: C4 - C5		to inferior angle	
S: Adduction: Middle Trapezius, Rhomboid minor		Downward rotation: Rhomboid minor, Levator scapulae, pectoralis minor	
A: Abduction: Serratus anterior, pectoralis minor		Upward rotation: Upper and lower Trapezius, Serratus anterior	

Scapulohumeral Muscles:

Anterior Deltoid	O:	Lateral 1/3 of Clavicle	Shoulder abduction, flexion, medial rotation, and
Nerve: Axillary Nerve	I:	Deltoid tuberosity	horizontal adduction
Roots: C5 - C6			
S: Abduction: See Middle Deltoid	Flexion: Pectoralis major, Biceps Brachii (long head)	Medial rotation: Latissimus dorsi, teres major,	Horizontal adduction:
	Coracobrachialis	subscapularis, pectoralis major	Pectoralis major
A: Adduction: See Middle Deltoid	Extension: Latissimus dorsi, Teres major,	Lateral rotation: Posterior Deltoid,	Horizontal abduction:
	Pectoralis major, Triceps Brachii (long head)	Teres minor, Infraspinatus	Posterior deltoid

Middle Deltoid	O:	Acromion Process	Shoulder Abduction
Nerve: Axillary Nerve	I:	Deltoid tuberosity	
Roots: C5 - C6			
S: Abduction: Supraspinatus			
A: Adduction: Pectoralis major, Teres (major & minor), Latissimus dorsi, Infraspinatus, Triceps brachii (long head), Coracobrachialis			

Posterior Deltoid	O: Spine of Scapula	Shoulder abduction, extension, hyperextension, lateral rotation, horizontal abduction.
Nerve: Axillary Nerve	I: Deltoid tuberosity	
Roots: C5 - C6		
S: Abduction: See middle Deltoid	Extension: Latissimus dorsi, Teres major, Pectoralis major, Triceps Brachii (long head)	Lateral rotation: infraspinatus, teres minor
A: Adduction: See middle Deltoid	Flexion: Pectoralis Major, Biceps Brachii (long head) Coracobrachialis	Medial rotation: Latissimus dorsi, teres major, subscapularis, pectoralis major
		Horizontal adduction: Pectoralis major, Anterior deltoid
Teres major	O: Dorsal surface of Inferior angle of scapula	Adducts and medially rotates arm
Nerve: Lower Subscapular nerve	I: Medial lip of Intertubercular groove of humerus.	
Roots: C6 & C7		
S: Adduction: Pectoralis major, Teres (major & minor), Latissimus dorsi Infraspinatus, Triceps brachii (long head), Coracobrachialis		Medial rotation: Latissimus dorsi, subscapularis, pectoralis major, Anterior Deltoid
A: Abduction: Deltoid, Supraspinatus		Lateral rotation: Infraspinatus, Teres minor, Posterior deltoid
Teres minor	O: Superior lateral border of scapula.	Lateral rotations of arm, Helps to hold humeral head in glenoid cavity of scapula
Nerve: Axillary Nerve	I: Greater tubercle of humerus.	
Roots: C5 - C6		
S: Lateral rotation: Infraspinatus, Teres minor, Posterior deltoid		
A: Medial Rotation: Latissimus dorsi, Teres major, subscapularis, Pectoralis major, anterior Deltoid		
Supraspinatus	O: Supraspinous fossa of scapula.	Initiates and assists deltoid muscle in abducting arm.
Nerve: Suprascapular Nerve	I: Greater tubercle of humerus.	
Roots: C5 & C6		
S: Abduction: Deltoids		
A: Adduction: Pectoralis major, Teres major, Latissimus dorsi		
Infraspinatus	O: Infraspinous fossa of scapula	Lateral rotation at shoulder, Helps to hold humeral head in glenoid cavity of scapula
Nerve: Suprascapular Nerve	I: Greater tubercle of humerus.	
Roots: C5 & C6		
S: Lateral rotation: Teres minor, Posterior Deltoid		
A: Medial rotation: Latissimus dorsi, Teres major, Subscapularis, Pectoralis major, Anterior deltoid		
Subscapularis	O: Subscapular fossa of scapula	Adduction and Medial rotation at shoulder.
Nerve: Upper and lower Subscapular nerve	I: Lesser tubercle of humerus.	Helps to hold humeral head in glenoid cavity
Roots: C5 - C7		
S: Adduction: Pectoralis major, Teres major, Latissimus dorsi	Medial Rotation: Latissimus dorsi, Teres major, Pectoralis major, Anterior deltoid	
A: Abduction: Deltoid, Supraspinatus	Lateral rotation: Teres minor, Posterior Deltoid	

Muscles of the Arm

Anterior Compartment

Biceps Brachii: Nerve: Musculocutaneous Roots: C5 and C6	O: Short head: Coracoid process Long head: Supraglenoid tubercle of scapula	Supinates forearm, with forearm supinated flexes forearm, long head flexes arm
S: Supination: Supinator	I: Radial Tuberosity and Bicipital aponeurosis Forearm Flexion: Brachialis, Brachioradialis	Arm Flexion: Coracobrachialis, Anterior Deltoid Pectoralis major
A: Pronation: Pronator (teres and quadratus)	Forearm extension: Triceps Brachii	Arm Extension: Long head of Triceps, Posterior Deltoid, Latissimus Dorsi, Teres major, Pectoralis major

Brachialis: Nerve: Musculocutaneous Roots: C5 and C6	O: Distal 1/2 of anterior surface of humerus	Flexes forearm
S: Forearm Flexion: Biceps brachii, Brachioradialis	I: Coronoid process and ulnar tuberosity	
A: Forearm extension: Triceps brachii		

Coracobrachialis Nerve: Musculocutaneous Roots: C5, C6, C7	O: Tip of coracoid process	Helps flex and adduct arm, resists dislocation
S: Arm flexion: Biceps brachii, Anterior Deltoid	I: Middle 1/3 of medial surface of humerus	
A: Forearm extension: Triceps Brachii, Posterior Deltoid	Adduction: infraspinatus, Teres (major & minor), Pectoralis major, Latissimus dorsi, Triceps brachii (long head), Coracobrachialis	Abduction: All parts of the Deltoid, Supraspinatus

Posterior Compartment

Triceps Brachii Nerve: Radial Roots: C6 -C8	O: <i>Long head:</i> Infraglenoid tubercle <i>Lateral Head:</i> Posterior surface of humerus superior to radial groove <i>Medial head:</i> Posterior surface of humerus inferior to radial groove	Extension of the forearm Long head extends arm, resists dislocation
S: forearm Extension: Anconeus	I: Proximal end of Olecranon process	Arm extension: Posterior Deltoid, Latissimus dorsi, Teres major, Pectoralis major, Triceps brachii (long Head)
A: forearm flexion: Brachialis, Brachioradialis, Biceps brachii		Arm flexion: Biceps brachii, Anterior Deltoid, pectoralis major, Coracobrachialis

Muscles of the forearm

Anterior Compartment (Superficial layer)

<i>Pronator teres</i>	O:	Ulnar head: Coronoid process of Ulna Humeral head: Medial epicondyle of humerus	Forearm pronation and flexion
Nerve: Median Roots: C6 & C7	I:	Middle of lateral surface of radius	
S: Pronation: Pronator quadratus		Flexion: Biceps brachii, brachialis, Brachioradialis	
A: Supination: Supinator, Biceps brachii		Extension: Triceps brachii	

<i>Flexor carpi radialis</i>	O:	Medial epicondyle of the Humerus	Flexes and abducts hand at wrist (radial deviation)
Nerve: Median Roots: C6 & C7	I:	Base of 2nd and 3rd metacarpel	
S: Flexion: Palmaris lonus, Flexor carpi ulnaris		Radial deviation: Extensor carpi radialis longus	
A: Extension: Extensor carpi radialis longus and brevis, Extensor carpi ulnaris		Ulnar deviation: Flexor carpi ulnaris, Extensor carpi ulnaris	

<i>Palmaris longus</i>	O:	Medial epicondyle of the Humerus	Flexes wrist, tenses palmer aponeurosis
Nerve: Median Roots: C6 & C7	I:	flexor retinaculum, palmer aponeurosis	
S: Flexion: Flexor carpi (ulnaris and radialis), Flexor digitorum (superficialis and profundus)			
A: Extension: Extensor carpi radialis (longus and brevis), extensor carpi ulnaris			

<i>Flexor carpi ulnaris</i>	O:	Humeral head: medial epicondyle of humerus; Ulnar head: olecranon and posterior border of ulna	Flexes and adducts hand at wrist (ulnar deviation)
Nerve: Ulnar Roots: C7 & C8	I:	Pisiform, hamulus of Hamate, base 5th Metacarpal	
S: Flexion: Palmaris lonus, Flexor carpi radialis, Flexor digitorum (superficialis and profundus)		Ulnar deviation: Extensor carpi ulnaris	
A: Extension: Extensor carpi radialis (longus and brevis), Extensor carpi ulnaris		Radial deviation: Extensor carpi radialis (longus and brevis), Extensor pollicis (longus and brevis), Flexor carpi radialis,	

Abductor pollicis longus

Anterior Compartment (Intermediate layer)

Flexor digitorum superficialis

Nerve: Median
Roots: C7 & C8, T1

O:	<i>Humero-ulnar head:</i> medial epicondyle of humerus and coronoid process <i>Radial head:</i> oblique line of radius	Flexes PIP joints and MCP joints (digits 2-5)
I:	body of middle phalanges (digits:2-5)	

S: Flexion: Flexor digitorum profundus
A: Extensor (digitorum and digiti minimi)

Anterior Compartment (deep layer)

Flexor digitorum profundus

Nerve: Lateral fibers: Median and medial fibers: Ulnar
Roots: C8, T1

O:	Proximal 3/4 of medial and anterior surfaces of ulnar, interosseous membrane	Flexes DIP joint (digits:2-5), assists with wrist flexion
I:	Base of distal phalanges (digits:2-5)	

Wrist Flexion: Palmaris longus, Flexor carpi radialis, Flexor carpi ulnaris, Flexor digitorum (superficialis and profundus)

Wrist extension: Extensor carpi radialis longus and brevis, Extensor carpi ulnaris

A: DIP Extension: Extensor digitorum and digiti minimi

Flexor pollicis longus

Nerve: Median
Roots: C8, T1

O:	Anterior surface of radius, interosseous membrane	Flexes all digits of Pollex
I:	Distal phalanx of thumb	

S: Flexion: Flexor pollicis brevis

A: Extensor pollicis longus and brevis

Pronator quadratus

Nerve: Anterior interosseous nerve
Roots: C8, T1

O:	Distal quarter of anterior surface of ulna	Pronates forearm, binds ulna and radius together.
I:	Distal quarter of anterior surface of radius	

S: Pronation: Pronator teres

A: Supination: Supinator, Biceps brachii

Muscles of the forearm

Posterior Compartment (Superficial layer)

Brachioradialis Nerve: Radial Roots: C5 -C7 S: Flexion: Biceps brachii, brachialis A: Extension: Triceps brachii	O: I:	Proximal 1/3 of lateral supra-epicondylar ridge of humerus lateral surface of distal end of radius.	Weak flexion of forearm
Extensor carpi radialis longus Nerve: Radial Roots: C6, C7 S: Extension: Extensor carpi radialis brevis, Extensor carpi ulnaris A: Wrist Flexion: Palmaris longus, Flexor carpi (radialis and ulnaris)	O: I:	Lateral supra-epicondylar ridge of humerus Dorsal aspect of base of 2nd metacarpal	extends and abducts wrist Abduction: Extensor carpi radialis (longus and brevis), Extensor pollicis longus, Abductor pollicis longus, Flexor carpi radialis Adduction: Flexor carpi ulnaris, Extensor carpi ulnaris
Extensor carpi radialis brevis Nerve: Radial Roots: C7, C8 S: Extension: Extensor carpi radialis longus, Extensor carpi ulnaris A: Wrist Flexion: Palmaris longus, Flexor carpi (radialis and ulnaris)	O: I:	Lateral supra-epicondylar ridge of humerus Dorsal aspect of base of 3rd metacarpal	extends and abducts wrist Abduction: Flexor carpi radialis, Extensor carpi radialis (longus and brevis), Extensor pollicis longus, Extensor pollicis longus, Abductor pollicis longus, Adduction: Flexor carpi ulnaris, Extensor carpi ulnaris
Extensor digitorum Nerve: Posterior interosseous nerve Roots: C7, C8 S: Extension: Extensor digiti minimi A: Flexion: flexor digitorum superficialis and profundus	O: I:	Lateral epicondyle Extensor tendons of medial 4 fingers at distal digits	Extends fingers (digits:2-5) at MCP, PIP, DIP
Extensor digiti minimi Nerve: Posterior interosseous nerve Roots: C7, C8 S: Extension: Extensor digitorum A: Flexion: flexor digitorum (superficialis and profundus), Flexor digiti minimi	O: I:	Lateral epicondyle Extensor tendons of 5th finger	Extends 5th finger at MCP, PIP, DIP

Extensor carpi ulnaris	O:	Lateral epicondyle	Extends and adducts the wrist
Nerve: Posterior interosseous nerve	I:	Dorsal surface of the base of the 5th metacarpal	
Roots: C7, C8			
S: Extension: Extensor carpi radialis (longus and brevis), Extensor carpi ulnaris			Adduction: Flexor carpi ulnaris, extensor carpi ulnaris
A: Flexion: Palmaris longus, Flexor carpi (radialis and ulnaris), Flexor digitorum (superficialis and profundus)			Abduction: Flexor carpi radialis

Deep layer

Supinator	O:	Lateral epicondyle, radial collateral and anular ligaments	Supinates forearm
Nerve: Radial nerve	I:	Lateral, posterior, and proximal 1/3 of radius	
Roots: C7 and C8			
S: Supination: Biceps brachii			
A: Pronation: Pronator teres, Pronator quadratus			

Abductor pollicis longus	O:	Posterior surface, proximal 1/2 of ulna, radius, and interosseous membrane	Abducts and extends thumb
Nerve: Posterior Interosseous nerve	I:	Base of 1st metacarpal	
Roots: C7 and C8			
S: Abduction: Abductor pollicis brevis		Extension: Extensor pollicis (longus and brevis)	
A: Adduction: Adductor pollicis		Flexion: Flexor pollicis (longus and brevis)	

Extensor pollicis Longus	O:	Posterior surface of middle 1/3 of ulna and interosseous membrane	Extends interpalangeal, metacarpophalangeal, and carpometacarpal joints of thumb
Nerve: Posterior Interosseous nerve	I:	Dorsal surface of distal phalanx	Abduct the radiocarpal joint
Roots: C7 and C8			
S: Extension: Extensor pollicis brevis, abductor pollicis longus		Abduction: Abductor pollicis (longus and brevis)	
A: Flexion: Flexor pollicis (longus and brevis)		Adduction: Adductor pollicis	

Extensor pollicis brevis	O:	Posterior surface of distal 1/3 of radius and interosseous membrane	Extends proximal phalanx, metacarpophalangeal, and carpometacarpal joints of thumb
Nerve: Posterior Interosseous nerve	I:	Dorsal surface of the base proximal phalanx	
Roots: C7 and C8			
S: Extensor pollicis longus			
A: Flexor pollicis (longus and brevis)			

Additional Forearm and Intrinsic Muscles of the Hand (OTA students Only)

Extensor indicis
Nerve: Radial Nerve, Posterior interosseous branch
Roots: (C7,C8)
S: finger Extension: Extensor digitorum
A: Finger flexion: Flexor digitorum (superficialis and profundus), Flexor digiti minimi brevis

O:	Posterior surface of the ulna and interosseous membrane	Extends 2nd digit and assists with hand extension
I:	Into the extensor hood of index finger	

Flexor pollicis brevis
Nerve: Superficial head: median nerve
Roots: (C8, Deep branch of ulnar nerve)
S: Pollex flexion: Flexor pollicis longus, Adductor pollicis
A: Pollex extension: Extensor pollicis (longus and brevis), Abductor pollicis longus

O:	Superficial Head: flexor retinaculum and tubercle of trapezium Deep Head: trapezoid and capitate bones	Flexes proximal phalanx of thumb at MCP joint Flexes metacarpal bone and rotates it medially at CMC joint
I:	Radial side of proximal phalanx of thumb	

Adductor pollicis
Deep branch of ulnar nerve
Root: (C8,T1)
S: Palmar interossei
A: Abductor pollicis (longus and brevis)

O:	Oblique head: Capitate bone and bases of 2nd and 3rd metacarpal bones. Transverse head: Palmar surface of the 3rd metacarpal bones	Adducts thumb at CMC and MCP joints
I:	Ulnar side of base of proximal phalanx of thumb.	

Abductor pollicis brevis
Nerve: Median nerve
Roots: (C8, T1)
S: Abductor brevis
A: Adductor pollicis, Palmer interossei

O:	Flexor retinaculum and tubercles of trapezium and scaphoid bones	Abducts thumb at CMC and MCP joints
I:	Base of proximal phalanx of thumb: dorsal digital expansion of thumb	

Opponens pollicis
Nerve: Median nerve
Roots: (C8, T1)
S: Abductor pollicis brevis, Flexor pollicis brevis

O:	Flexor retinaculum and the tubercles of the scaphoid and trapezium bones	Opposes thumb to other fingers
I:	Whole length of lateral border of metacarpal bone of the thumb	

Flexor digiti minimi brevis
Nerve: Ulnar, deep branch
Roots: (C8, T1)
S: Flexor digitorum (superficialis and proundus)
A: Extensor digitorum, Extensor digiti minimi

O:	Hamulus(hook) of the hamate bone and flexor retinaculum	Flex 5th finger at MCP joint
I:	Base of proximal phalanx fo the little finger	

Abductor digiti minimi

Nerve: Ulnar, deep branch

Roots: (C8, T1)

S: Dorsal interossei (2-4)

A: Palmar interossei (2, 4-5), Extensor indicis

O: Pisiform bone and tendon of flexor carpi ulnaris

I: Base of proximal phalanx fo the little finger

Abducts little finger at MCP joint

Opponens digiti minimi

Nerve: Ulnar nerve, deep branch

Roots: (C8, T1)

S: Abductor digiti minimi, Flexor digiti minimi brevis

O: Hamulus(hook) of the hamate bone and flexor retinaculum

I: Ulnar side of 5th metacarpal bone

Brings little finger into opposition with the thumb. at CMC joint

Lumbricals (4 muscles)

Extend 2nd -5th fingers at IP joints

Flex 2nd-5th fingers at MCP

Dorsal interossei (4 muscles) Mnemonic: DAB

Abduct 2nd -5th fingers at MCP joints

Palmar interossei Mnemonic: PAD

Adducts thumb. 2nd, 4th and 5th fingers at the MCP joints

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