

## 34 muscles of the hand

Muscle	Origin	Insertion	Actions	Innervations
<b>First Palmar interosseous</b>	Palmar aspect of second metacarpal bone	medial aspect of base of proximal phalanx of the proximal phalanx of index finger	adducts index finger at its metacarpophalangeal joint; Flexes metacarpophalangeal joint and extends interphalangeal joint of the index finger	Deep branch of Ulnar nerve C8-T1
<b>Second Palmar Interosseous</b>	Palmar aspect of fourth metacarpal bone	Lateral aspect of base of proximal phalanx of the proximal phalanx of ring finger	adducts ring finger at its metacarpophalangeal joint; Flexes metacarpophalangeal joint and extends interphalangeal joint of the ring finger	Deep branch of Ulnar nerve C8-T1
<b>Third palmar interosseus</b>	Palmar aspect of fifth metacarpal bone	Lateral aspect of base of proximal phalanx of the little finger	adducts little finger at its metacarpophalangeal joint; Flexes metacarpophalangeal joint and extends interphalangeal joint of the little finger	Deep branch of Ulnar nerve C8-T1
<b>Abductor digiti minimi</b>	Pisiform bone; tendon of flexor carpi ulnaris	medial aspect of the base of proximal phalanx of the little finger	Abducts little finger at its metacarpophalangeal joint	deep branch of ulnar nerve C8-T10
<b>Opponens Pollicis muscle</b>	Tubercle of trapezium bone	Anterolateral aspect of body of first metacarpal bone	Opposes thumb towards other fingers	Recurrent branch of median nerve (C8-T1)
<b>First Dorsal interosseous</b>	medial aspect of body of first metacarpal bone, lateral aspect of body of second metacarpal bone	lateral aspect of base of proximal phalanx of index finger	Abducts index finger at its metacarpophalangeal joint, flexes metacarpophalangeal joint and extends interphalangeal joints of middle finger	Deep branch of ulnar nerve C8-T1
<b>Second Dorsal Interosseous</b>	medial aspect of body of second metacarpal bone, lateral aspect of body of third metacarpal bone	lateral aspect of base of proximal phalanx of middle finger	lateral abducts middle finger at its metacarpophalangeal joint, flexes metacarpophalangeal joint and extends interphalangeal joints of middle finger	Deep branch of ulnar nerve C8-T1
<b>Third dorsal interosseous</b>	medial aspect of body of third metacarpal bone, lateral aspect of body of fourth metacarpal bone	medial aspect of base of proximal phalanx of middle finger	Medially abducts index finger at its metacarpophalangeal joint, flexes metacarpophalangeal joint and extends interphalangeal joints of middle finger	Deep branch of ulnar nerve C8-T1
<b>Fourth Dorsal interosseous</b>	medial aspect of body of fourth metacarpal bone, lateral aspect of body of fifth metacarpal bone	medial aspect of base of proximal phalanx of ring finger	Abducts ring finger at its metacarpophalangeal joint, flexes metacarpophalangeal joint and extends interphalangeal joints of ring finger	Deep branch of ulnar nerve C8-T1