

34 muscles of the hand PART 2

Muscle	Origin	Insertion	Actions	Innervations
First Lumbrical	Tendon of flexor digitorum profundus that travels to the index	Lateral aspect of the extensor expansion of index finger	Flexes metacarpophalangeal joint of index finger	Common palmar digital branches of median nerve C8-T1
Second Lumbrical	Tendon of flexor digitorum profundus that travels to the middle finger	Lateral aspect of the extensor expansion of middle finger	Flexes metacarpophalangeal joint of middle finger	Common palmar digital branches of median nerve C8-T1
Third Lumbrical	Tendon of flexor digitorum profundus that travels to the middle & ring finger	Lateral aspect of the extensor expansion of ring finger	Flexes metacarpophalangeal joint of ring finger	Deep branch of Ulnar nerve C8-T1
Fourth Lumbrical	Tendon of flexor digitorum profundus that travels to the ring & little finger	Lateral aspect of the extensor expansion of little finger	Flexes metacarpophalangeal joint of little finger	Deep branch of Ulnar nerve C8-T1
Transverse head of adductor pollicis	Palmar aspect of body of third metacarpal bone	Medial aspect of base of proximal phalanx of thumb	Adducts thumb at its carpometacarpal joint	Deep branch of Ulnar nerve C8-T1
Oblique Head of adductor pollicis	Palmar aspect of capitate bone	Medial aspect of base of proximal phalanx of thumb	Adducts thumb at its carpometacarpal joint	Deep branch of Ulnar nerve C8-T1
Flexor carpi Ulnaris	Medial epicondyle of humerus via common flexor tendon; proximal 2/3's of body of ulna	Pisiform bone, hook of hamate bone; palmar aspect of base of fifth metacarpal bone	Flexes and adducts hand at radiocarpal (wrist) joint	Ulnar nerve C7-T1
Flexor digitorum profundus	Medial aspect of coronoid process of ulna; superior ¾ of anterior and medial surfaces of the body of Ulna	Palmar aspects of bases of the distal phalanges of index, middle, ring and little fingers	Flexes index, middle, ring and little fingers	Medial part: Ulnar nerve C8-T1 Lateral part: anterior interosseous branch of median nerve (C8-T1)
Flexor Pollicis longus	Anterior surface of radius, adjacent interosseous membrane of forearm	Palmar aspect of base of distal phalanx of thumb	Flexes thumb	Anterior antebrachial interosseous nerve (C7-T1)
Flexor digitorum superficialis	Medial epicondyle of humerus via common flexor tendon; sublime tubercle of ulna; proximal half of anterior border of radius	Palmar aspects of the bodies of middle phalanges of the index, middle, ring and little fingers	Flexes index, middle, ring and little fingers	Median nerve (C7-T1)
Flexor carpi radialis	Medial epicondyle of humerus via common flexor tendon	Palmar aspects of bases of second and third metacarpal bones	Flexes hand at radiocarpal (wrist) and midcarpal joint	Median nerve (C6-C7)
Flexor pollicis brevis	Tubercle of trapezium bone; palmar aspects of capitate and trapezoid bones	Lateral aspect of base of proximal phalanx of hand	Flexes thumb	Superficial head: recurrent branch of median nerve (C8-T1) Deep head: deep branch of ulnar nerve (C8-T1)