

The Teton Hand and Upper Extremity Conference
Jackson Hole, Wyoming
January 3rd - 6th 2006

Hand and Upper Extremity Cadaveric Dissection

Elbow

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Coracobrachialis</u>	Musculocutaneous	C6, C7	Apex of coracoid process of scapula	Medial surface of the middle shaft of humerus, opposite deltoid tuberosity	Flexes and adducts the shoulder joint

Elbow

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Biceps Brachii</u>	Musculocutaneous	C5, C6	<p><u>Short head:</u> apex of coracoid process of scapula</p> <p><u>Long head:</u> supraglenoid tubercle of scapula</p>	Tuberosity of radius, and aponeurosis of lacertus fibrosus	<p>Flexes the shoulder joint;</p> <p><u>Open chain:</u> flexes the elbow joint moving the forearm toward the humerus, and supinates the forearm.</p> <p><u>Closed chain:</u> flexes the elbow joint moving the humerus toward the forearm</p>

Elbow

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Brachialis</u>	Musculocutaneous	C5, C6	Distal one half of anterior surface of humerus and medial and lateral intermuscular septa	Tuberosity and coronoid process of ulna	<p><u>Open chain:</u> flexes the elbow joint moving the forearm toward the humerus. <u>Closed chain:</u> flexes the elbow joint moving the humerus toward the forearm</p>

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Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Pectoralis Major</u>	Medial and Lateral Pectoral	C5,C6, C7,C8, T1	<u>Clavicular portion:</u> anterior surface of sternal one half of clavicle <u>Sternocostal Portion:</u> Anterior surface of sternum, cartilages of first six ribs, and aponeurosis of external oblique	Crest of greater tubercle of humerus. Upper fibers are more anterior and caudal on the crest than lower fibers which twist on themselves and are more posterior and cranial	Both portions adduct, medially rotate humerus, upper fibers flex, medially rotate shld. and horizontally adduct. Lower fibers depress shld & obliquely adduct humerus toward opposite iliac crest

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Pectoralis Minor</u>	Medial Pectoral	C6, C7, C8,T1	Superior margins, outer surfaces of third, fourth, and fifth ribs near the cartilages; and from fascia over corresponding intercostal muscles	Medial border, superior surface of coracoid process of scapula	<u>Open chain:</u> tilts the scapula anterior. <u>Closed chain:</u> assists in forced inspiration.

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Supraspinatus</u>	Suprascapular	C4, C5, C6	Medial two thirds of supraspinatus fossa of scapula	Superior facet of greater tubercle of humerus and shoulder joint capsule	Abducts the shoulder joint and stabilizes the head of the humerus in the glenoid cavity during movements of this joint.

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Anterior Deltoid</u>	Axillary	C5,C6	Anterior border, superior surface, lateral one third of clavicle	Deltoid tuberosity of humerus	Humeral flexion, in supine, medially rotates the shoulder joint

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Middle Deltoid</u>	Axillary	C5, C6	Lateral margin and superior surface of acromion	Deltoid tuberosity of humerus	Abduction of the shoulder joint

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Posterior Deltoid</u>	Axillary	C5, C6	Inferior lip of posterior border of spine of scapula	Deltoid tuberosity of humerus	Extend humerus and in the prone position, laterally rotate

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Teres Major</u>	Lower Subscapular	C5, C6, C7	Dorsal surface of inferior angle and lower third of lateral border of scapula.	Crest of lesser tubercle of humerus	Medially rotates, adducts and extends the shoulder joint.

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Latissimus Dorsi</u>	Thoracodorsal	C6, C7, C8	Spinous process of T6-T12, last three or four ribs, posterior one third of external lip of iliac crest, and slip from inferior angle of scapula	Intertubercular groove of humerus	<u>Open chain</u> : medially rotates, adducts, and extends the shoulder; continued action depress the shoulder and assists with lateral flexion of trunk. <u>Closed chain</u> : assists with tilting of pelvis anteriorly and laterally

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Subscapularis</u>	Upper and Lower Subscapular	C5, C6, C7	Subscapular fossa of scapula	Lesser tubercle of humerus and shoulder joint capsule	Medially rotates the shoulder joint and stabilizes the head of the humerus in the glenoid cavity during movements of the joint

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Infraspinatus</u>	Suprascapular	C4, C5, C6	Medial two thirds of infraspinous fossa of scapula	Middle facet of greater tubercle of humerus and shoulder joint capsule	Laterally rotates the shoulder joint and stabilizes the head of the humerus in the glenoid cavity during movements of this joint

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Teres Minor</u>	Axillary	C5, C6	Upper two thirds, dorsal surface of lateral border of scapula	Lowest facet of greater tubercle of humerus and shoulder joint capsule	Laterally rotates the shoulder joint and stabilizes the head of the humerus in the glenoid cavity during movements of this joint

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Rhomboids</u>	Dorsal Scapular	C4, C5	Spinous processes of T2-T5	Fibrous attachment to medial border of scapula between spine and inferior angle	Adduct and elevate the scapula, and rotate it so the glenoid cavity faces caudally

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Rhomboids Minor</u>	Dorsal Scapular	C4, C5	Ligamentum nuchae, spinous processes of C7-T1	Medial border at root of spine of scapula	Adduct and elevate the scapula, and rotate it so the glenoid cavity faces caudally

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Levator Scapulae</u>	Dorsal Scapular	C4, C5	Transverse processes of C1-C4	Medial border of scapula between superior angle and root of spine	<u>Open chain</u> : elevates the scapula and assists in rotation so the glenoid cavity faces caudally. <u>Closed chain</u> : laterally flexes the cervical vertebrae and rotates toward the same side, bilaterally, extension of cervical spine

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Upper Trapezius</u>	Spinal portion of Cranial Nerve XI (Accessory) and Ventral Ramus	C2, C3, C4	External occipital protuberance, medial one third of superior nuchal line, ligamentum nuchae, and spinous process of C7	Lateral one third of clavicle and acromion process of scapula	Rotation of the scapula so the glenoid cavity face cranially, elevate the scapula, <u>Closed chain</u> : acting unilaterally, extend, lat. flex and rotate the head and joints of cervical vertebrae so the face turns to opposite side

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Middle Trapezius</u>	Spinal portion of Cranial Nerve XI (Accessory) and Ventral Ramus	C2, C3, C4	Spinous processes of T1-T5	Medial margin of the acromion process of the scapulae	Adduction of the scapula

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Lower Trapezius</u>	Spinal portion of Cranial Nerve XI (Accessory) and Ventral Ramus	C2, C3, C4	Spinous process of T6-T12	tubercle at apex of spine of scapula	Adduction and depression of the scapula with lateral rotation of inferior angle

Shoulder

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Serratus Anterior</u>	Long Thoracic	C5, C6, C7, C8	Outer surfaces and superior borders of upper eight or nine ribs	Costal surface of medial border of scapula	abducts the scapula, rotates the inferior angle laterally and the glenoid cavity cranially, and hold the medial border of the scapula firmly against the rib cage, scapula depression and elevation

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Triceps Brachii</u>	Radial	C6, C7, C8, T1	<p><u>Long head:</u> infraglenoid tubercle of scapula</p> <p><u>Lateral head:</u> lateral and posterior surfaces of proximal one half of body of humerus</p> <p><u>Medial head:</u> distal two thirds of medial and posterior surfaces of humerus</p>	Posterior surface of olecranon process of ulna and antebrachial fascia	Extends the elbow joint. In addition, the long head assists in adduction and extension of the shoulder joint

Elbow

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Brachioradialis</u>	Radial	C5, C6	Proximal two thirds of lateral supracondylar ridge of humerus, and lateral intermuscular septum	Lateral side of base of styloid process of radius	Flexes the elbow joint, and assists in pronating and supinating the forearm when these movements are resisted

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Extensor Carpi Radialis Longus</u>	Radial	C5, C6, C7, C8	Distal one third of lateral supracondylar ridge of humerus, and lateral intermuscular septum	Dorsal surface of the radial side of the base of the second metacarpal	Extends and abducts (radial deviation) the wrist and assists in flexion of the elbow

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Anconeus</u>	Radial	C7, C8	Lateral epicondyle of humerus, posterior surface	Lateral side of olecranon process, and upper one fourth of posterior surface of body of ulna	Extends the elbow joint, and may stabilize the ulna during pronation and supination

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Extensor Carpi Radialis Brevis</u>	Radial	C6, C7, C8	Common extensor tendon from lateral epicondyle of humerus, radial collateral ligament of elbow joint, and deep antebrachial fascia	Dorsal surface of base of third metacarpal	Extends and assists in abduction (radial deviation) of the wrist

Elbow

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Supinator</u>	Radial	C5, C6, C7	Lateral epicondyle of humerus, radial collateral ligament of the elbow joint, annular ligament of the radius, and supinator crest of ulna	Lateral surface of upper one third of the body of the radius covering of anterior and posterior surfaces	Supinates the forearm

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Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Extensor Digitorum</u>	Radial	C6, C7, C8	Common extensor tendon from lateral epicondyle of humerus	By four tendons, each penetrating a membranous expansion on the dorsum of the second to fifth digits	Extends the MPC joints, in conjunction with the lumbricals and interossei, extends the IP joints of second through fifth digits. Assists in abduction of index, ring, and little fingers, and assists in extension and abduction of wrist

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Extensor Digiti Minimi</u>	Radial	C6, C7, C8	Common extensor tendon from lateral epicondyle of humerus	Into extensor expansion of little finger with extensor digitorum tendon	Extends MCP joint, in conjunction with the lumbricals and interossei, extends the IP joints of the little finger, assists in abduction of little finger

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Extensor Carpi Ulnaris</u>	Radial	C6, C7, C8	Common extensor tendon from lateral epicondyle of humerus, by aponeurosis from posterior border of ulna and deep antebrachial fascia	Ulnar side of the base of fifth metacarpal bone,	Extends and adducts (ulnar deviation) the wrist

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Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Abductor Pollicis Longus</u>	Radial	C6, C7, C8	Posterior surface of body of ulna distal to origin of supinator, interosseous membrane, and posterior surface of middle one third of body of radius	Base of first metacarpal bone, radial side	Abducts and extends the CMC joint of the thumb; abducts (radial deviation) and assists in flexing the wrist

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Extensor Pollicis Brevis</u>	Radial	C6, C7, C8	Posterior surface of body of radius distal to origin of abductor pollicis longus, and interosseus membrane	Base of proximal phalanx of thumb, dorsal surface	Extends the MCP joint of the thumb, extends and abducts the CMC joint, and assists in abduction (radial deviation) of the wrist

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Extensor Pollicis Longus</u>	Radial	C6, C7, C8	Middle one third of posterior surface of ulna distal to origin of abductor pollicis longus, and interosseus membrane	Base of distal phalanx of thumb, dorsal surface	Extends the IP joint and assists in extension of the MCP and CMC joints of the thumb. Assists in abduction (radial deviation) and extension of the wrist

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Extensor Indicis</u>	Radial	C6, C7, C8	Posterior surface of body of ulna distal to origin of extensor pollicis longus	Extensor expansion of index finger with extensor digitorum longus tendon.	Extends MCP joint, in conjunction with the lumbricals and interosseus, extends the IP joints of the little finger, assists in abduction of little finger

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Carpi Ulnaris</u>	Ulnar	C7, C8, T1	<u>Humeral head:</u> common flexor tendon from medial epicondyle of humerus <u>Ulnar head:</u> medial margin of olecranon, proximal two thirds of posterior border of ulna	Pisiform bone	Flexes and adducts (ulnar deviation) the wrist and may assist in flexion of the elbow

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Digitorum Profundus III & IV</u>	Ulnar	C7, C8, T1	Anterior and medial surfaces of proximal three fourths of ulna	By four tendons into bases of distal phalanges, anterior surface	Flexes distal interphangeal joints of index, middle, ring and little fingers, assists in flexion of PIP joint and metacarpal joints, may assist in flexion of the wrist.

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Abductor Digiti Minimi</u>	Ulnar	C7, C8, T1	Tendon of flexor carpi ulnaris and pisiform bone	By two slips: one into the base of proximal phalanx of little finger, ulnar side; the second, into the ulnar border of the extensor expansion	Abducts, assists in opposition, and may assist in flexion of the MCP joint of the little finger, by virtue of insertion into the extensor expansion, may assist in extension of IP joints

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Opponens Digiti Minimi</u>	Ulnar	C7, C8, T1	Hook of Hamate bone, and flexor retinaculum	Entire length of 5th metacarpal, ulnar side	Opposes (i.e. flexes with slight rotation) the CMC joint of the 5th finger, lifting the ulnar border of the hand into a position so that the MCP flexors can oppose the little finger to the thumb. Helps cup the palm of the hand.

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Digiti Minimi</u>	Ulnar	C7, C8, T1	Hook of Hamate bone, and flexor retinaculum	Base of proximal phalanx of little finger, ulnar side	Flexes the MCP joint of the little finger and assists in opposition of the little finger toward the thumb

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Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>1st Dorsal Interossei</u>	Ulnar	C8, T1	<u>Lateral head:</u> proximal one half of ulnar border of first metacarpal bone <u>Medial head:</u> radial border of second metacarpal	Radial side of index finger, chiefly to base of proximal phalanx	Abduction of index finger toward thumb

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>2nd Dorsal Interossei</u>	Ulnar	C8, T1	Adjacent sides of metacarpal	Radial side of middle finger	Abduction of middle finger toward the index finger

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>3rd Dorsal Interossei</u>	Ulnar	C8, T1	Adjacent sides of metacarpal	Ulnar side of middle finger, chiefly into extensor expansion	Abduction of the middle finger toward the ring finger

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Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>4th Dorsal Interossei</u>	Ulnar	C8, T1	Adjacent sides of metacarpal	Ulnar side of ring finger	Abduction of the ring finger toward the little finger

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>1st Palmar Interossei</u>	Ulnar	C8, T1	Base of 1st metacarpal bone, ulnar side	Chiefly, into the extensor expansion of the respective digit, with possible attachment to base of proximal phalanx of ulnar side of thumb	Adduction of the thumb, Assist in flexion of MCP joints and extension of IP joint

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>2nd Palmar Interossei</u>	Ulnar	C8, T1	Length of second metacarpal bone, ulnar side	Chiefly, into the extensor expansion of the respective digit, with possible attachment to base of proximal phalanx of ulnar side of index finger	Adduct index finger toward the axial line. Assist in flexion of MCP joints and extension of IP joint

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>3rd Palmar Interossei</u>	Ulnar	C8, T1	Length of fourth metacarpal bone, ulnar side	Chiefly, into the extensor expansion of the respective digit, with possible attachment to base of proximal phalanx of ulnar side of ring finger	Adduct ring finger toward the axial line. Assist in flexion of MCP joints and extension of IP joint

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>4th Palmar Interossei</u>	Ulnar	C8, T1	Length of fifth metacarpal bone, ulnar side	Chiefly, into the extensor expansion of the respective digit, with possible attachment to base of proximal phalanx of ulnar side of little finger	Adduct little finger toward the axial line. Assist in flexion of MCP joints and extension of IP joint

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Lumbricals III, IV</u>	Ulnar	C7, C8, T1	<p><u>III</u>: adjacent sides of flexor profundus tendons of middle and ring fingers</p> <p><u>IV</u>: adjacent sides of flexor profundus tendons of ring and little fingers</p>	Into the radial border of the extensor expansion on the dorsum of the respective digits	Extend IP joints and simultaneously flex the MCP joints of the second through fifth digits. Also extend the IP joints when MP joints are extended.

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Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Pollicis Brevis (deep)</u>	Ulnar	C8,T1	<u>Deep head:</u> trapezoid and capitate bones	Base of proximal phalanx of thumb, radial side, and extensor expansion	Flexes the MCP joint and CMC joints of the thumb and assists in opposition of the thumb toward the little finger. By virtue of its attachment into the dorsal extensor expansion, may extend the IP joint

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Adductor Pollicis</u>	Ulnar	C8, T1	<u>Oblique Fibers:</u> capitate bone, and bases of second and third metacarpal bones <u>Transverse Fibers:</u> Palmar surface of third metacarpal bone	Transverse head into ulnar side of the base of the proximal phalanx of the thumb, and oblique head into extensor expansion	Adducts the CMC joint, and adducts and assists in flexion of the MCP joint. Aids in opposition of thumb. May assist in extending the IP joint

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Pronator Teres</u>	Median	C6, C7	<u>Humeral head:</u> Immediately above the medial epicondyle of humerus, common flexor tendon, and deep antebrachial fascia <u>Ulnar head:</u> medial side of coronoid process of ulna	Middle of lateral surface of radius	Pronates the forearm and assists in flexing the elbow joint

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Carpi Radialis</u>	Median	C6, C7, C8	Common flexor tendon from medial epicondyle of humerus	Base of second metacarpal bone and slip to base of third metacarpal bone	Flexes and abducts (radial deviate) the wrist, and may assist in pronation of the forearm and flexion of the elbow

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Palmaris Longus</u>	Median	C6, C7, C8, T1	Common flexor tendon from medial epicondyle of humerus	Flexor retinaculum, and palmar aponeurosis	Tenses the palmar fascia, flexes the wrist, and may assist in flexion of elbow

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Digitorum Superficialis</u>	Median	C7, C8, T1	<u>Humeral head:</u> common flexor tendon from medial epicondyle of the humerus, ulnar collateral ligament of elbow joint <u>Ulnar head:</u> medial side of coronoid process	By four tendons into sides of middle phalanges of second through fifth digits	Flexes the proximal interphalangeal joints of second through fifth digits, assists in flexion of the metacarpaophalangeal joints and in flexion of the wrist

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Digitorum Profundus I & II</u>	Median	C7, C8, T1	Anterior and medial surfaces of proximal three fourths of ulna, interosseous membrane	By four tendons into bases of distal phalanges, anterior surface	Flexes distal interphalangeal joints of index, middle, ring and little fingers, assists in flexion of PIP joint and metacarpal joints, may assist in flexion of the wrist.

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Pollicis Longus</u>	Median	C6, C7, C8, T1	Anterior surface of radius below tuberosity, interosseous membrane, medial border of coronoid process of ulna, and/or medial epicondyle of humerus	Base of distal phalanx of the thumb, palmar surface	Flexes the IP joint of the thumb, assists in flexion of the MCP and CMC joints, and may assist in flexion of the wrist

Wrist

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Pronator Quadratus</u>	Median	C7, C8, T1	Medial side, anterior surface of distal one fourth of ulna	Lateral side, anterior surface of distal one fourth of radius	Pronates the forearm

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Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Abductor Pollicis Brevis</u>	Median	C6, C7, C8, T1	Flexor retinaculum, tubercle of trapezium bone, and tubercle of scaphoid bone	Base of proximal phalanx of thumb, radial side, and extensor expansion	Adducts the CMC joint and MCP joints of the thumb in a ventral direction perpendicular to the plane of the palm. By virtue of its attachment into the dorsal extensor expansion, extends the IP joint of the thumb.

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Opponens Pollicis</u>	Median	C6, C7, C8, T1	Flexor retinaculum and tubercle of trapezium bone	Entire length of 1st metacarpal bone, radial side	Opposes (i.e. flexes and abducts with slight medial rotation) the CMC joint of the thumb, placing the thumb in a position so that , by flexion of the MCP joint, it can oppose the fingers.

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Flexor Pollicis Brevis (superficial)</u>	Median	C6, C7, C8	<u>Superficial head:</u> flexor retinaculum and trapezium bone	Base of proximal phalanx of thumb, radial side, and extensor expansion	Flexes the MCP joint and CMC joints of the thumb and assists in opposition of the thumb toward the little finger. By virtue of its attachment into the dorsal extensor expansion, may extend the IP joint

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Hand and Upper Extremity Cadaveric Dissection

Hand

Muscle Name	Nerve Name	Root	Attachment	Attachment	Primary Action (s)
<u>Lumbricals I, II</u>	Median	C6, C7, C8	Radial surface of flexor profundus of index and middle fingers respectively	Into the radial border of the extensor expansion on the dorsum of the respective digits	Extend IP joints and simultaneously flex the MCP joints of the second through fifth digits. Also extend the IP joints when MP joints are extended.