

Palmaris brevis (PB):

Origin: Palmer aponeurosis

Insertion: Skin of the medial side of the hand

Function: Wrinkles the skin (improve grip)

Nerve: Ulnar Nerve

Abductor digiti minimi (manus) (ADM):

Origin: Pisiform and tendon of flexor carpi ulnaris

Insertion: Medial (ulnar) side of proximal base of phalanx of 5th finger

Function: (1) 1. Abduction of finger #5 @ MCP joint

Nerve: Ulnar nerve

Flexor digiti minimi brevis (manus) (FDMB):

Origin: Flexor retinaculum and hook of hamate

Insertion: Medial (ulnar) side of proximal phalanx of the 5th finger

Function: (1) 1. Flexion of finger #5 @ MCP joint

Nerve: Ulnar nerve

Opponens digiti minimi (manus):

Origin: Flexor retinaculum and hook of hamate

Insertion: Medial side of 5th metacarpal

Function: Opposition of 5th digit @ CMC joint

Nerve: Ulnar nerve

Adductor pollicis (AP):

Origin: Oblique head: Bases of the 2nd and 3rd metacarpals and capitate

Transverse head: Anterior surface of 3rd metacarpal bone

Insertion: Both heads: Medial side of the base of proximal phalanx of thumb (tendon of the muscle contains a sesamoid bone)

Function: (1) 1. Adduction of thumb @ CMC [and MCP joint].

Nerve: Ulnar nerve

Lumbrical group (manus):

Origin: Tendon of flexor digitorum profundus (FDP) of each finger

Insertion: Dorsal digital expansion of four medial fingers

Lumbrical #1: into the tendon of the index finger (#2)

Lumbrical #2: into the tendon of the middle finger (#3)

Lumbrical #3: into the tendon of the ring finger (#4)

Lumbrical #4: into the tendon of the pinky finger (#5)

Function: (2) 1. Flexion of fingers #2-5 @ MCP joints

2. Extension of fingers #2-5 @ PIP and DIP joints

Nerve: Lumbrical #1 and 2 – Median nerve

Lumbrical #3 and 4 – Ulnar nerve