

Flexor pollicis longus p. 314	Mid-anterior surface of radius and adjacent interosseous membrane	Palmar surface of distal phalanx of thumb	Wrist joints (flexion and radial abduction of hand), carpometacarpal joint of thumb (opposition), MCP/IP joints of thumb (flexion)	Median nerve (C8, T1)	
Flexor pollicis brevis p. 320	Superficial head (flexor retinaculum), deep head (capitate, trapezium)	Base of proximal phalanx of thumb (via radial sesamoid)	CMC joint of thumb (flexion, opposition), MCP joint of thumb (flexion)	Superficial head (median nerve, C8, T1), deep head (ulnar nerve, C8, T1)	
Adductor pollicis p. 320	Transverse head (palmar surface of 3 rd metacarpal), oblique head (capitate, base of 2 nd and 3 rd metacarpals)	Base of proximal phalanx of thumb (via ulnar sesamoid)	CMC joint of thumb (opposition), MCP joint of thumb (flexion)	Ulnar nerve (C8, T1)	
Opponens pollicis p. 320	Trapezium	Radial border of 1 st metacarpal	CMC joint of thumb (opposition)	Median nerve (C8, T1)	
Extensor pollicis longus p. 318	Posterior surface of ulna and interosseous membrane	Base of distal phalanx of the thumb	Wrist joints (extension and abduction radial deviation of hand), carpometacarpal joint of thumb (adduction), MCP and interphalangeal joints of thumb (extension)	Radial nerve (C7, C8)	
Extensor pollicis brevis p. 318	Posterior surface of radius and interosseous membrane (distal to abductor pollicis longus)	Base of proximal phalanx of thumb)	Radiocarpal joint (abduction radial deviation of hand), carpometacarpal and MCP joints of thumb (extension)	Radial nerve (C7, C8)	
Abductor pollicis longus p. 318	Dorsal surfaces of radius and ulna, interosseous membrane	Base of 1 st metacarpal	Radiocarpal joint (abduction radial deviation of hand), carpometacarpal joint of thumb (abduction)	Radial nerve (C7, C8)	