

distal phalanx of the thumb. Radial nerve (C5-T1). Extends all (CMC, MCP and IP) joints of the thumb.

- Extensor indicis = Most medial deep mm, allows index to be independent. Ulna and interosseous membrane (distal to EPL) -> extensor hood of the index finger. Radial nerve (C5-T1). Extends the index finger.

Hand

- Thenar
- Opponens pollicis = largest and deepest thenar mm. Trapezium tubercle and flexor retinaculum -> lateral side of 1st metacarpal. Median nerve (C6-T1). Opposes the thumb.
- Abductor pollicis brevis = proximal to FPB. Trapezium and scaphoid tubercles, flexor retinaculum -> lateral side of proximal phalanx of thumb. Median nerve (C6-T1). Abducts the thumb.
- Flexor pollicis brevis = most distal thenar mm. Trapezium tubercle and flexor retinaculum -> base of proximal phalanx of the thumb. Median nerve (C6-T1). Flexes MCP joint of the thumb.
- Hypothenar
- Opponens digiti minimi = deepest hypothenar mm. Hook of Hamate and flexor retinaculum -> medial side of 5th metacarpal. Ulnar nerve (C8, T1). Opposes the little finger.
- Abductor digiti minimi = most superficial hypothenar mm. Pisiform and tendon of flexor carpi ulnaris -> base of proximal phalanx of little finger. Ulnar nerve (C8, T1). Abducts the little finger.
- Flexor digiti minimi brevis = lateral to ADM. Hook of Hamate and flexor retinaculum -> base of proximal phalanx of the little finger. Ulnar nerve (C8, T1). Flexes MCP of little finger.
- Lumbricals = 4 muscles which link the extensor and flexor tendons, lateral 2 are unipennate and medial 2 are bipennate. Tendon of flexor digitorum profundus -> extensor hood. Lateral 2 = median nerve (C6-T1), medial 2 = ulnar nerve (C8, T1). Flexes the MCP joints and extends IP joints.
- Interossei
- Dorsal interossei = most superficial dorsal mm, 4 mm. Lateral and medial surfaces of metacarpals -> extensor hood and proximal phalanx of 2nd, 3rd and 4th digits. Ulnar nerve (C8, T1). Abduct fingers at MCP joint.
- Palmar interossei = 3 mm. Lateral and medial surfaces of metacarpals -> extensor hood and proximal phalanx of 2nd, 4th and 5th digits. Ulnar nerve (C8, T1). Adducts fingers at MCP joint.
- Other mm
- Adductor pollicis = large triangular mm with 2 heads, radial artery passes between 2 heads. Capitate, 2nd and 3rd metacarpals -> proximal phalanx of the thumb. Ulnar nerve (C8, T1). Adduction of the thumb.

Neck

Suprahyoid mm

- Stylohyoid = thin mm, superior to posterior belly of the digastric mm. Styloid process of the temporal bone -> lateral hyoid bone. Facial nerve (CN VII). Elevates hyoid bone.