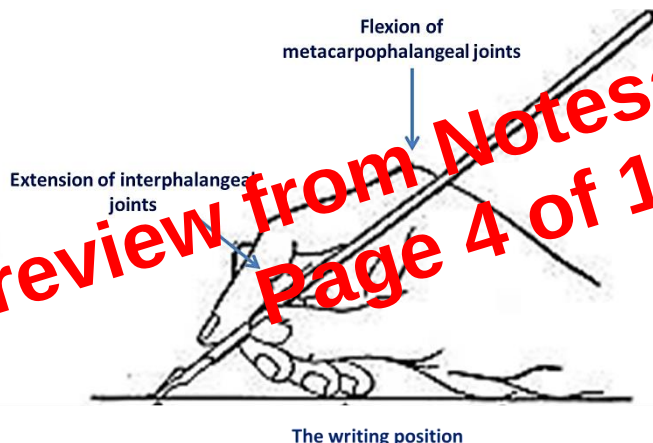
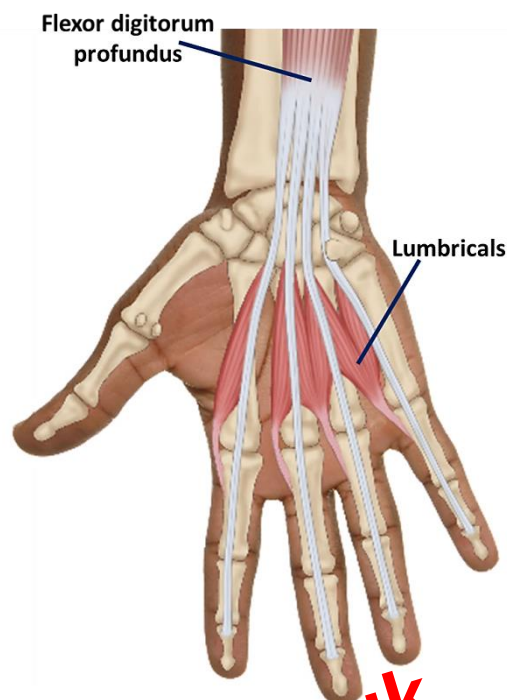


3) Intrinsic muscles of the fingers:

a) The 4 lumbricals:

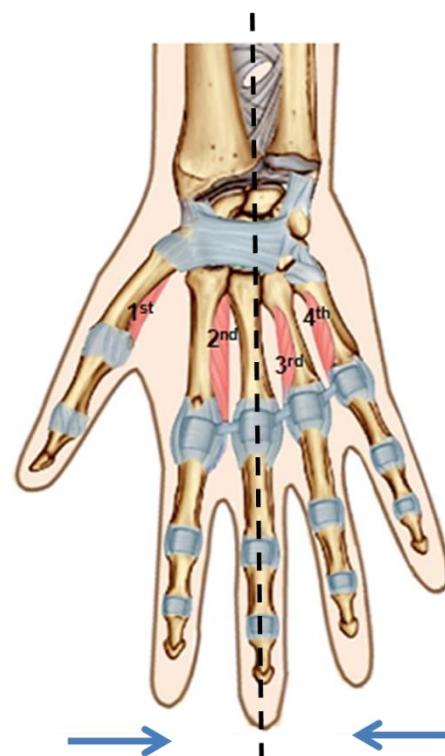
- They **originate** from the **tendons of flexor digitorum profundus** muscle.
 - They are **inserted** into the **extensor expansion** of the **medial 4 fingers** (**one muscle for each finger**).
 - 1st and 2nd: unipennate.
 - 3rd and 4th: bipennate.
- ✓ **Actions:** they act with interossei muscles to put the hand in the writing position (flexion of the metacarpophalangeal joints + extension of the interphalangeal joint).

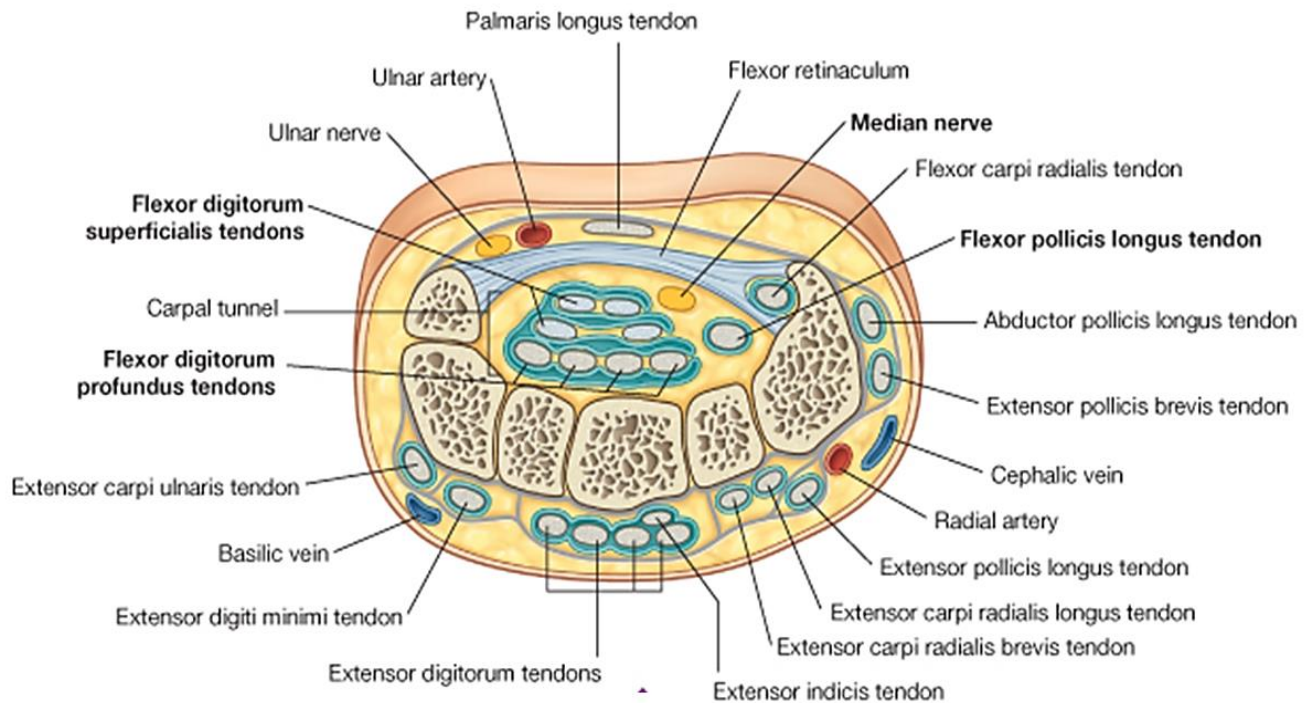


b) The 4 palmar interossei:

- They are **unipennate** muscles.
 - One muscle for each finger **EXCEPT middle finger**, which **has no palmar interossei**.
- ✓ **Actions:** they **ADduct** the fingers (**PAD**).
- ✓ Don't forget writing position.

N.B: the axis of the hand is the middle finger, so adduction or abduction of fingers is according to the movement toward or away from the middle finger.





2) The anatomical snuff box:

- **Definition:**

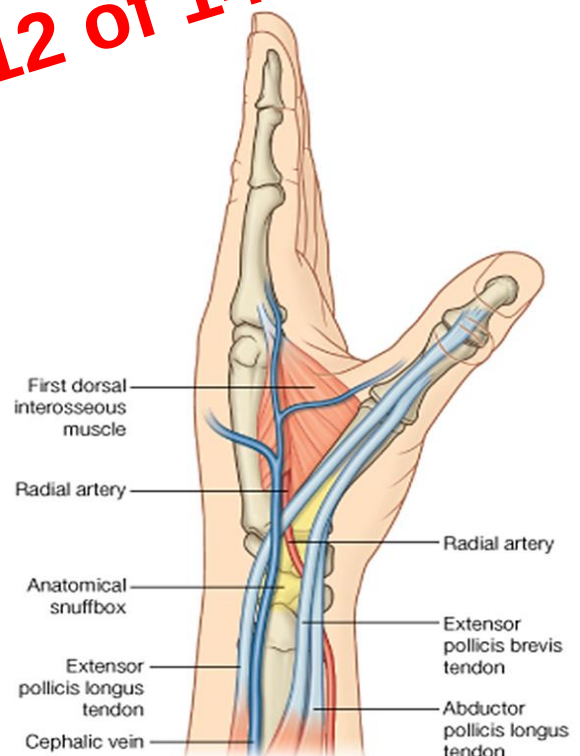
- It is the depression on the radial side of the wrist which appears on full extension of thumb.

- **Boundaries:**

- **Laterally:** 1st compartment of the **extensor retinaculum** (tendons of both abductor pollicis longus and extensor pollicis brevis muscles).
- **Medially:** 3rd compartment of the **extensor retinaculum** (tendon of extensor pollicis longus muscle).
- **Floor:** formed by 4 bones, styloid process of radius, scaphoid, trapezium, and base of the 1st metacarpal bone (from above downwards).

- **Contents:**

- Deep close to the floor: radial artery.
- Superficial close to the roof: superficial branches of radial nerve, and cephalic vein.



preview from Notesale.co.uk
Page 12 of 14