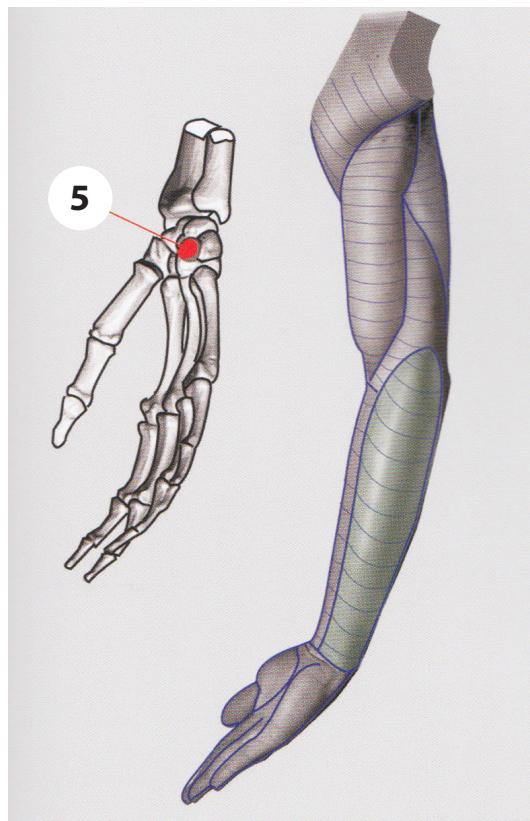
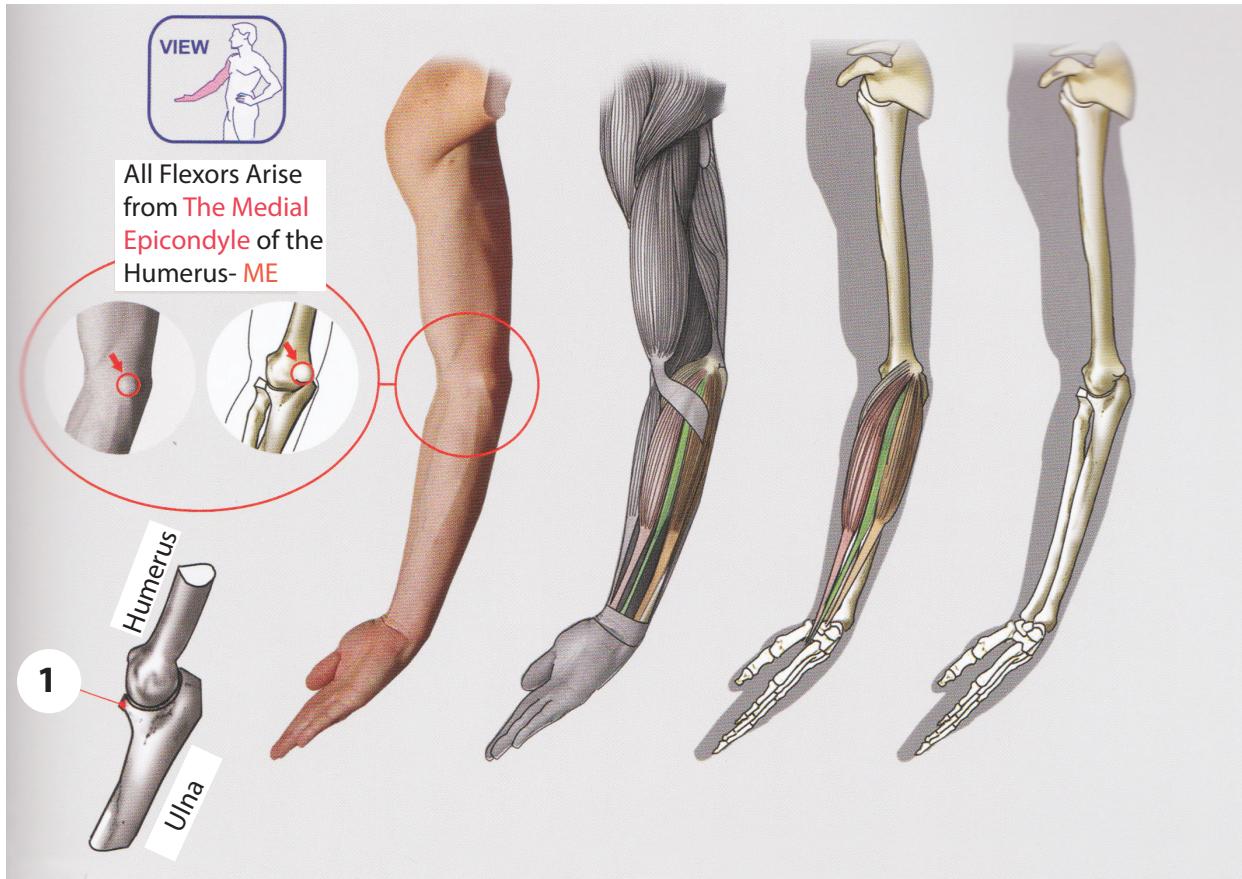


# Flexor Muscles



## Pronator Teres

**Action:** Pronation of Forearm, Flexes Elbow

**Origin:** ME-Medial Epicondyle of Humerus  
(Common Flexor Tendon)

**1- Ulnar Head:** Coronoid process of Ulna

**Insertion:** 2- Middle of the Lateral  
Surface of the Radius

## Flexor Carpi Radialis

**Action:** Flexion and Abduction at the wrist

**Origin:** ME-Medial Epicondyle of Humerus  
(Common Flexor Tendon)

**Insertion:** 3- Base of 2nd and 3rd  
Metacarpal Bones

## Palmaris Longus

**Action:** Flexation of Wrist

**Origin:** ME-Medial Epicondyle of Humerus  
(Common Flexor Tendon)

**Insertion:** 4- Palmar Aponeurosis

## Flexor Carpi Ulnaris

**Action:** Flexion and Abduction at the wrist

**Origin:** ME- Medial Epicondyle of Humerus  
(Common Flexor Tendon)

**Insertion:** 5- Pisiform

# Flexor Muscles

