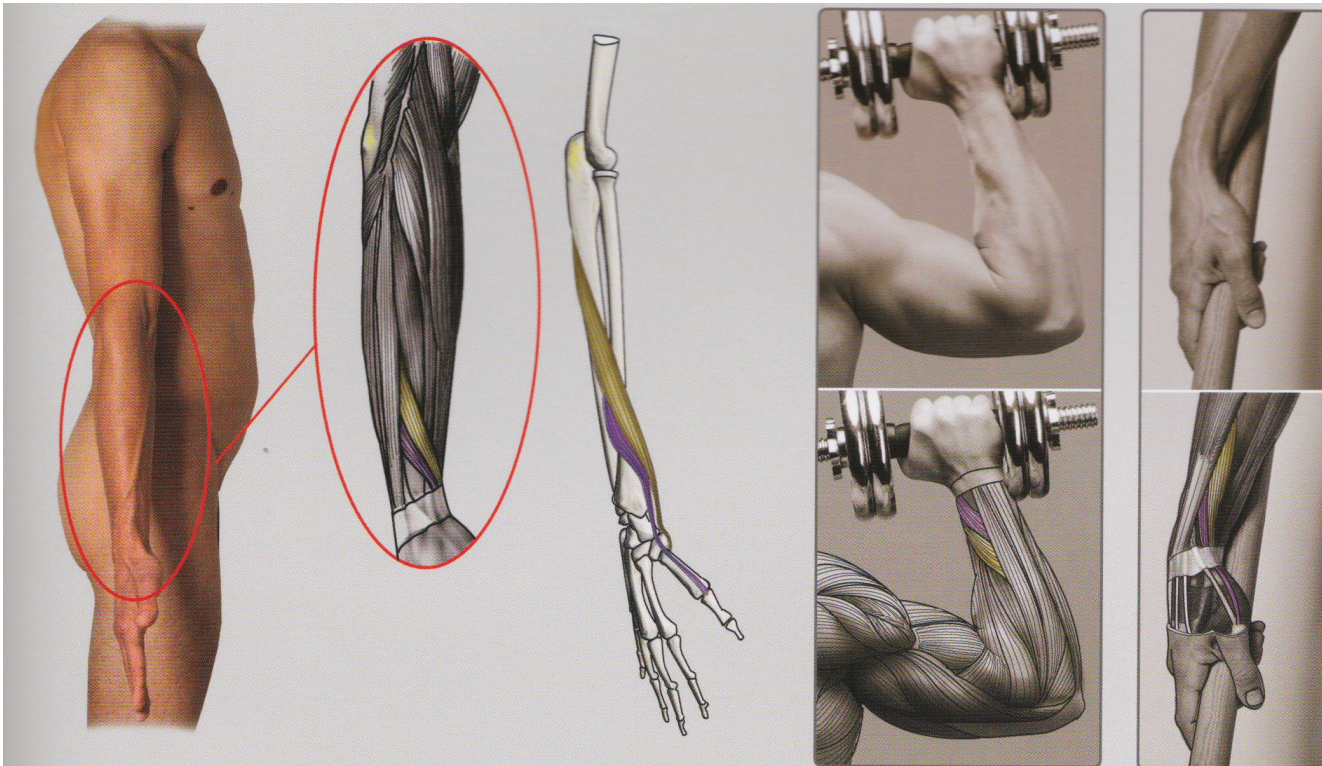


Abductor Pollicis Longus and Extensor Pollicis Brevis



Abductor Pollicis Longus

Action: Abduction and Extension of thumb

Origin: Ulna, Radius, Interosseous Membrane

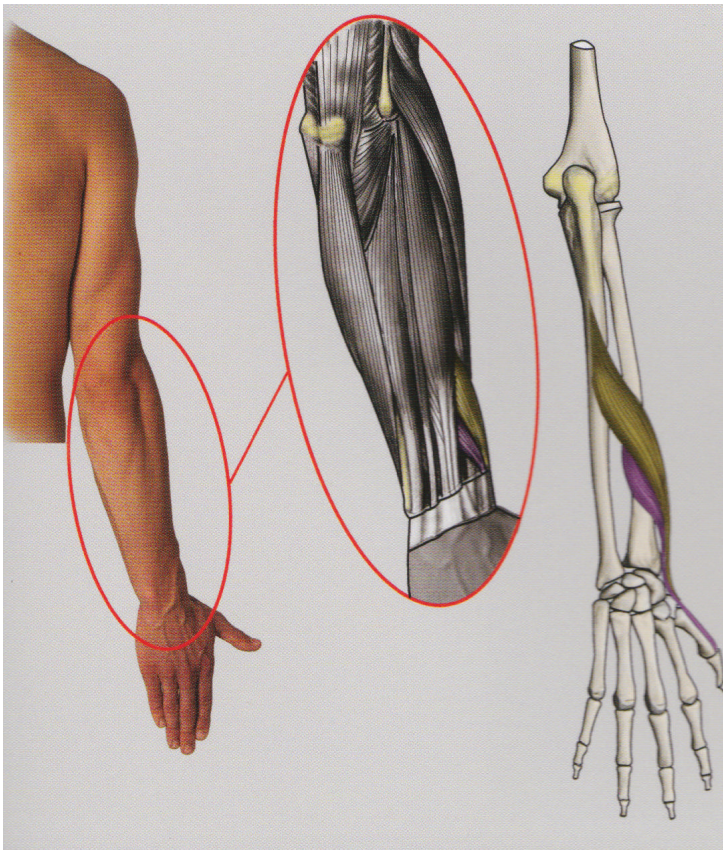
Insertion: First Metacarpal

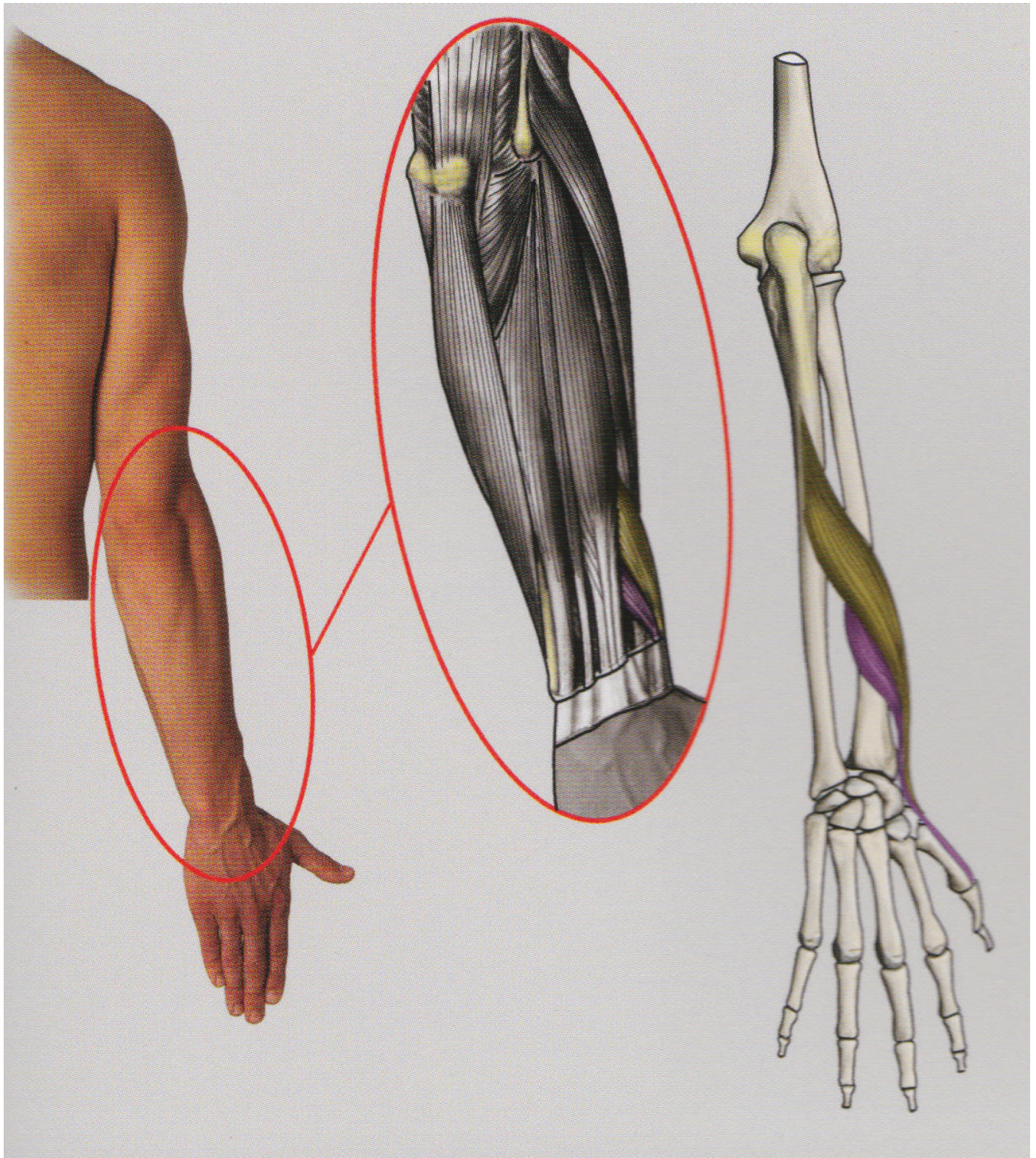
Extensor Pollicis Brevis

Action: Extension of thumb at Metacarpophalangeal Joint

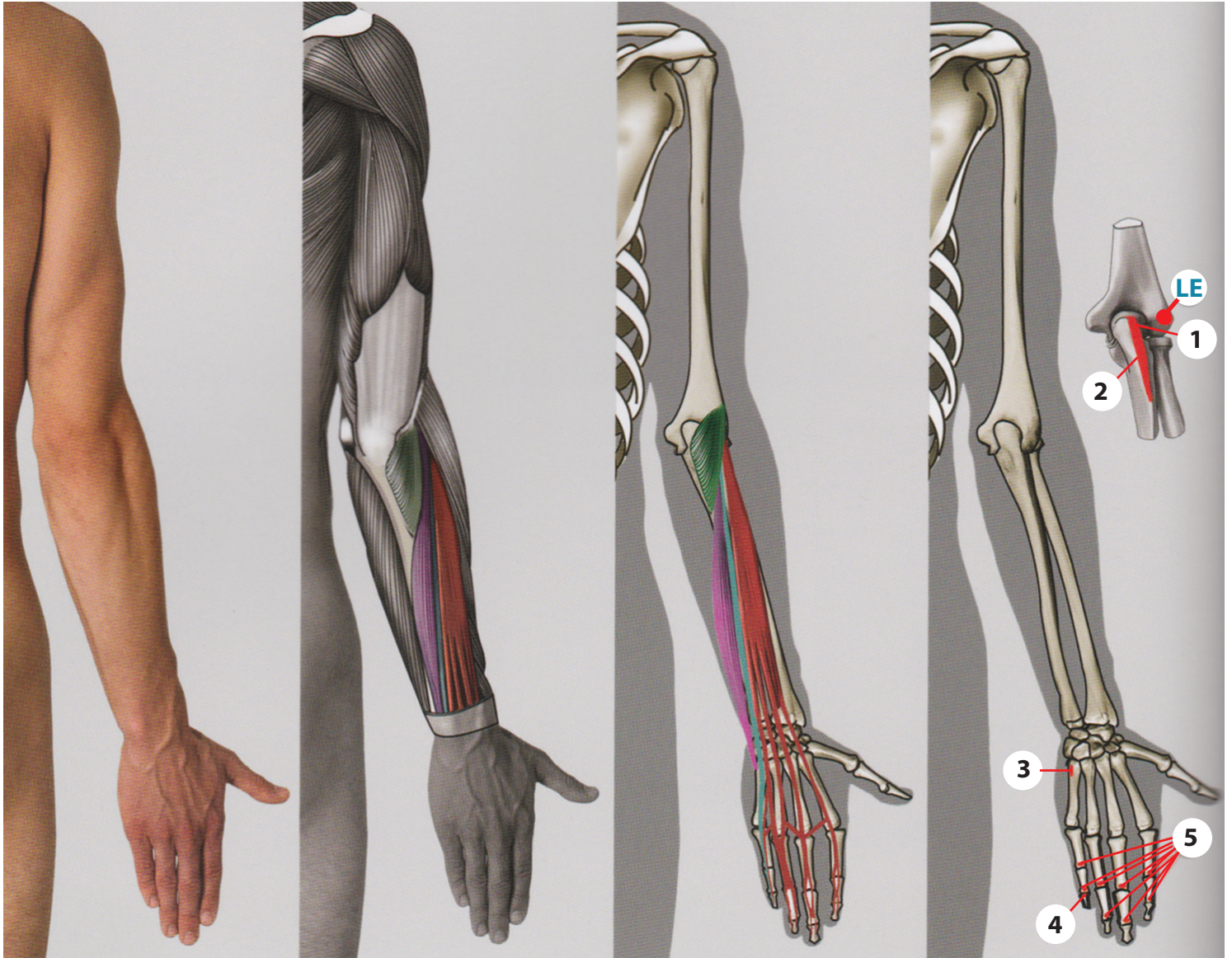
Origin: Proximal end of the Radius at the Interosseous Membrane

Insertion: Thumb, Proximal Phalanx





ANCONEUS, EXTENSOR CARPI ULNARIS, EXTENSOR DIGITI MINIMI AND EXTENSOR DIGITORUM



ANCONEUS

ACTION: Stabilizes the Elbow

ORIGIN: LE Lateral Epicondyle of the Humerus

INSERTION: 1- Lateral Surface of the Olecranon Process

2- Superior Part of the Posterior Ulna Distally

EXTENSOR CARPI ULNARIS

ACTION: Extends and Adducts the Wrist

ORIGIN: LE Lateral Epicondyle of the Ulna

INSERTION: 3- 5th Metacarpal

EXTENSOR DIGITI MINIMI

ACTION: Extends the Wrist and the Little Fingers at all Joints

ORIGIN: LE Lateral Epicondyle of the Humerus

INSERTION: 4- At the Extensor Expansion of Proximal Phalanx of the Little Finger

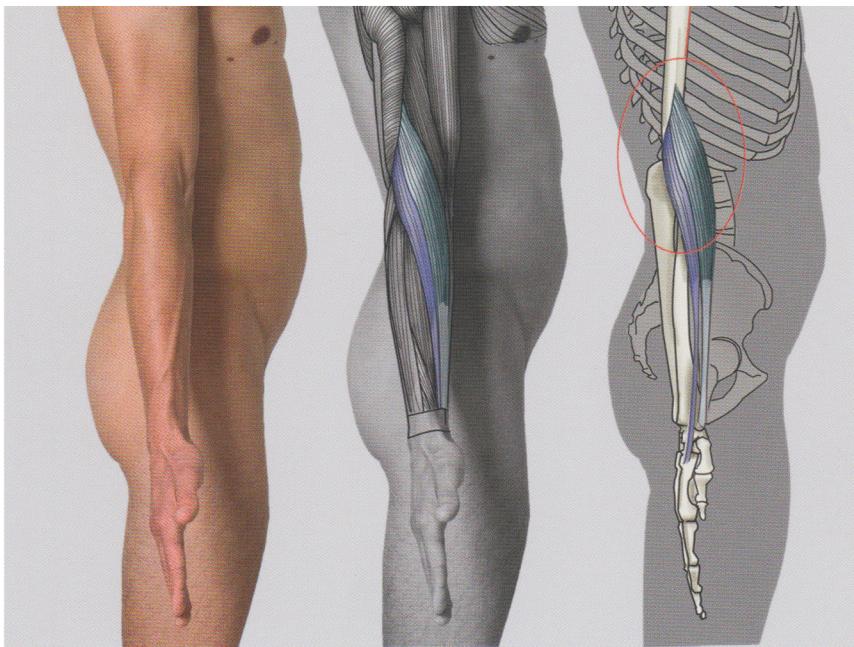
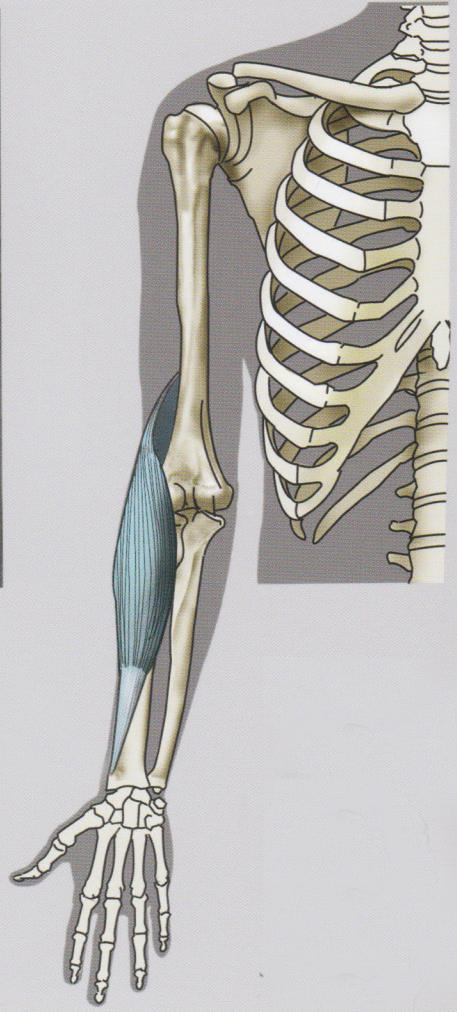
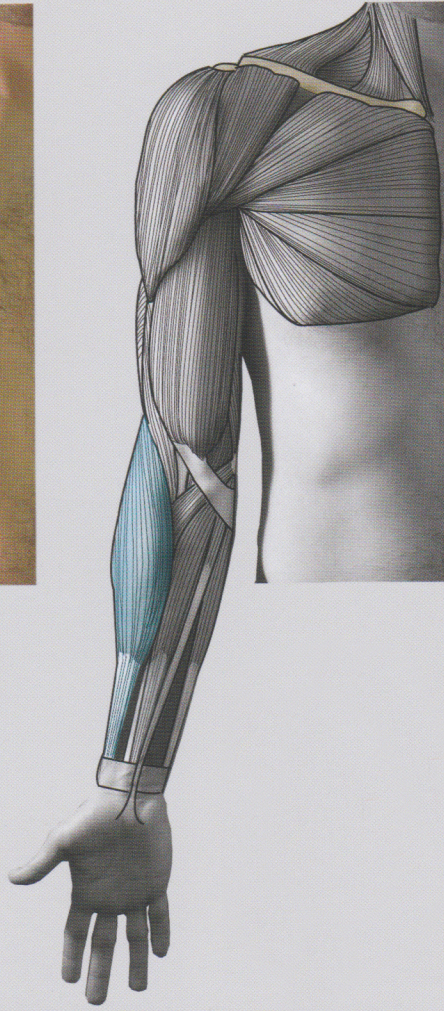
EXTENSOR DIGITORUM

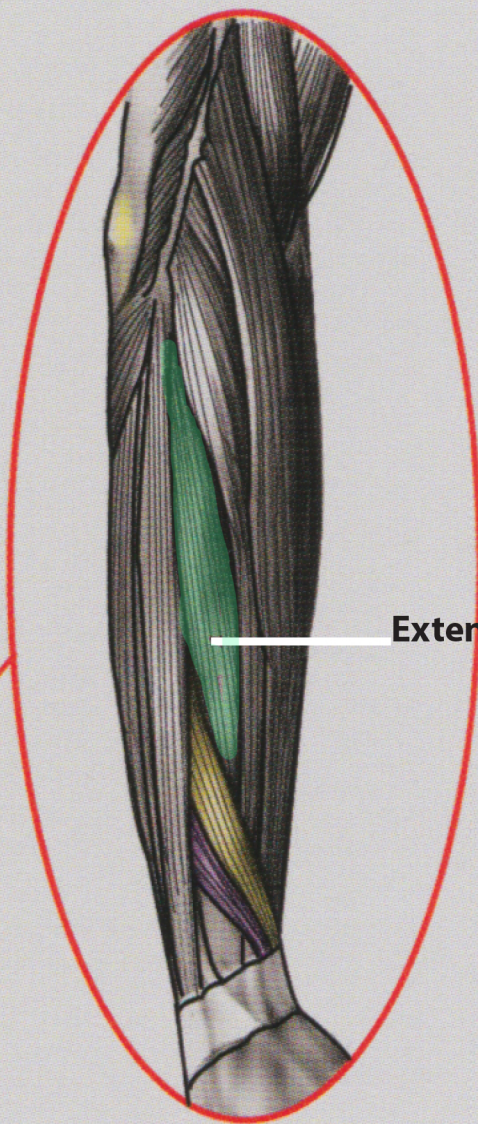
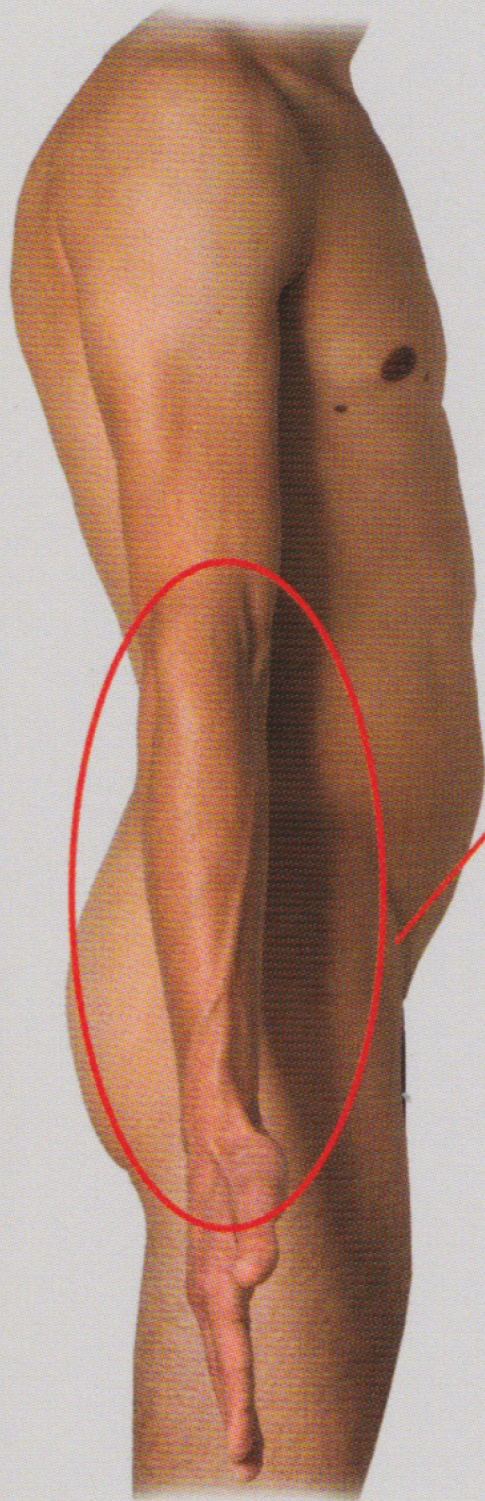
ACTION: Extends Hand, Wrist and Fingers

ORIGIN: LE Lateral Epicondyle of the Humerus

INSERTION: 5- Extensor Expansion of Middle and Distal Phalanges of the 2nd, 3rd, 4th and 5th fingers

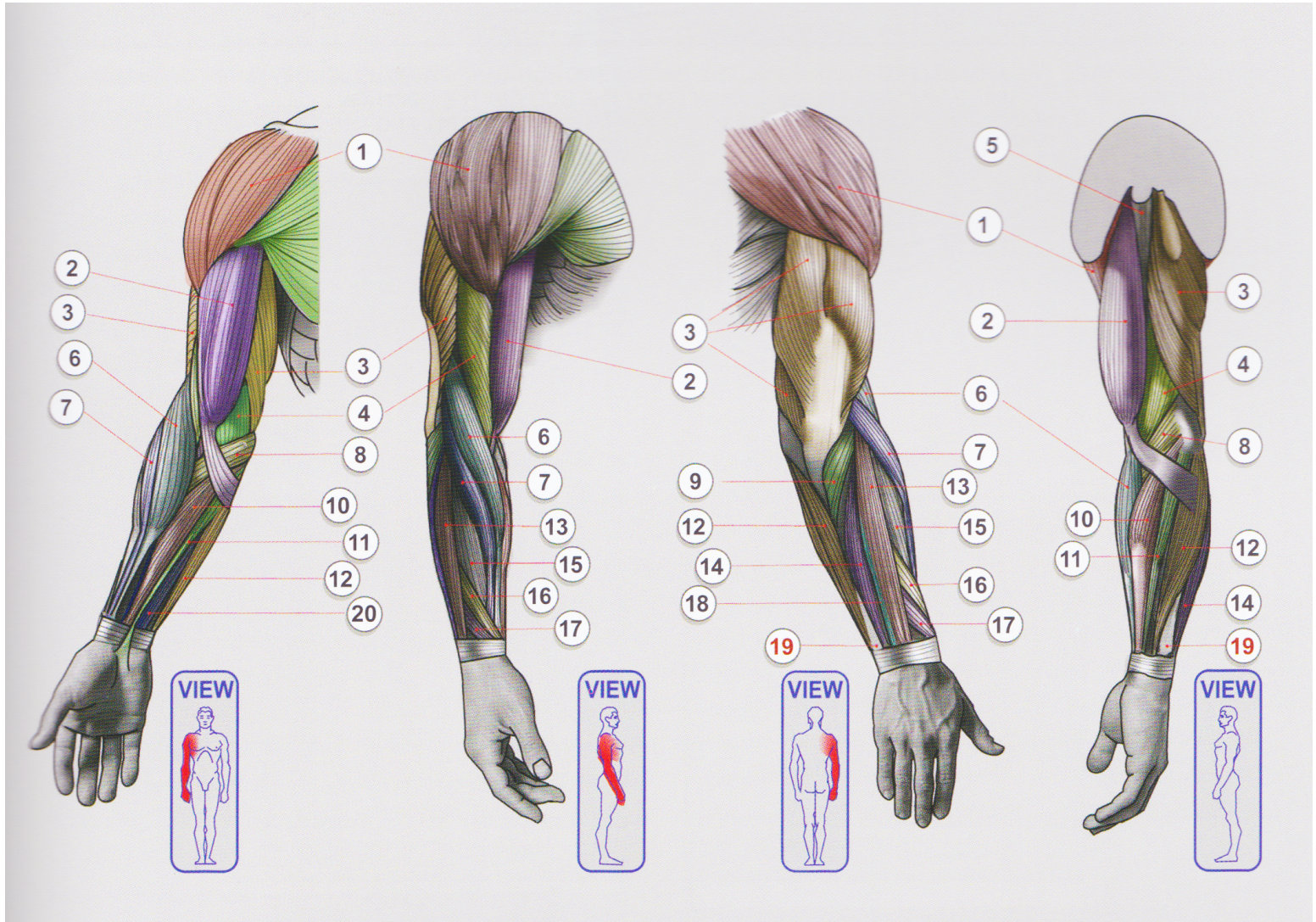
BRACHIORADIALIS AND EXTENSOR CARPI RADIALIS LONGUS





Extensor Carpi Radialis Brevis

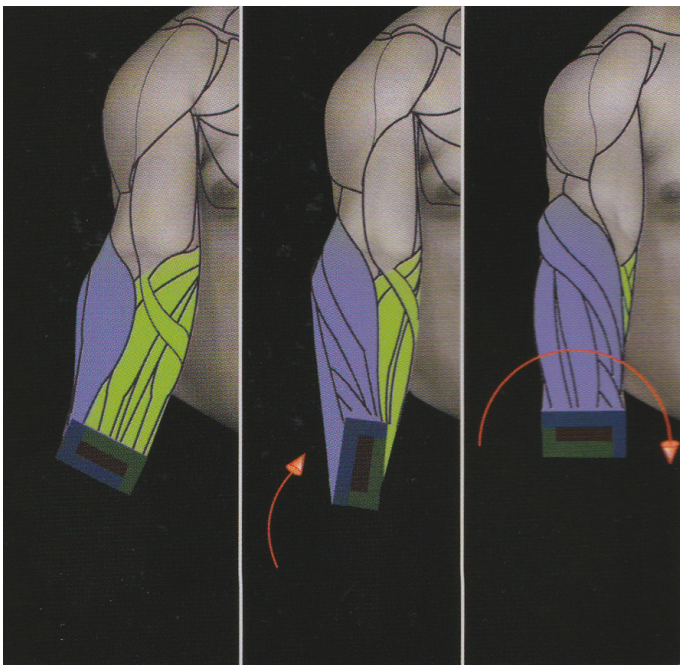
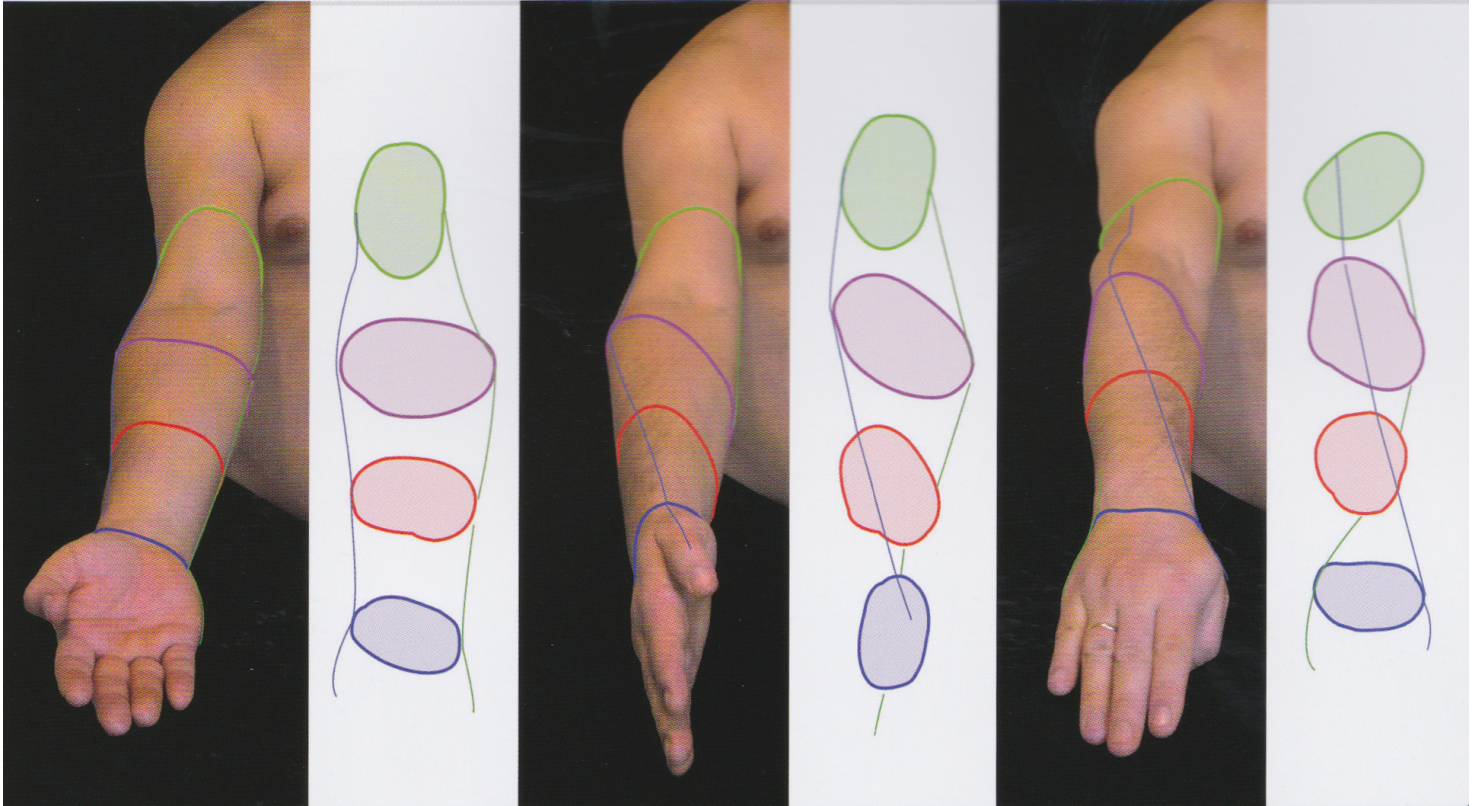
Muscles of the Arm



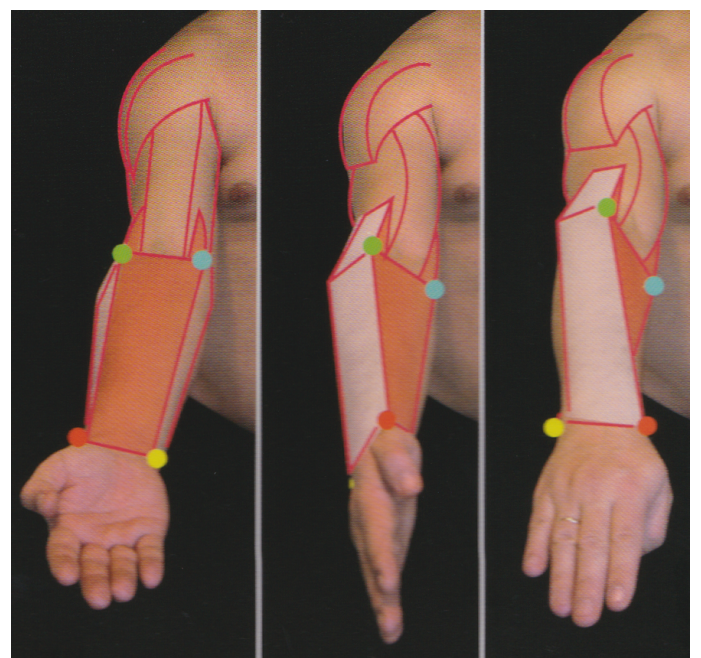
- 1- Deltoid
- 2- Biceps Brachii
- 3- Triceps Brachii
- 4- Brachialis
- 5- Coracobrachialis
- 6- Brachioradialis
- 7- Extensor Carpi Radialis Longus
- 8- Pronator Teres
- 9- Anconeus
- 10- Flexor Carpi Radialis

- 11- Palmaris Longus
- 12- Flexor Carpi Ulnaris
- 13- Extensor Digitorum
- 14- Extensor Carpi Ulnaris
- 15- Extensor Carpi Radialis Brevis
- 16- Abductor Pollicis Brevis
- 17- Extensor Pollicis Brevis
- 18- Extensor Digiti Minimi
- 19- Distal Head of the Ulna Bone
- 20- Flexor Digitorum Superficialis

Pronation/Supination and form changes



Flexors and Extensors



Origin and Insertion