

Table 1-1

Anatomy of Human Skeletal Muscles (*continued*)

Muscle	Origin	Insertion	Innervation	Nerve Root	Number of Joints Crossed
Supinator	Lateral epicondyle of humerus and supinator crest of ulna	Lateral surface of radius	Deep radial	C6, C7, C8	1
Pronator teres	Medial epicondyle of humerus	Lateral surface of radius	Median	C6, C7	1
Pronator quadratus	Medial surface of ulna	Anterior surface of radius	Median	C8–T1	1
Flexor carpi radialis	Medial epicondyle of humerus	2nd and 3rd metacarpal	Median	C6, C7	1
Flexor carpi ulnaris	Medial epicondyle of humerus	Pisiform, hamate, and 5th metacarpal	Ulnar	C8–T1	1
Palmaris longus	Medial epicondyle of humerus	Palmar aponeurosis	Median	C6, C7	1
Extensor carpi radialis longus	Supracondylar humeral ridge	2nd metacarpal	Radial	C6, C7	1
Extensor carpi radialis brevis	Lateral epicondyle of humerus	3rd metacarpal	Radial	C6, C7	1
Extensor carpi ulnaris	Humeral head—lateral epicondyle of humerus; Ulnar head—posterior surface of ulna	5th metacarpal	Deep radial	C6, C7, C8	1
Extensor digitorum communis	Lateral epicondyle of humerus	Central—posterior aspect of middle phalanx 2; Collaterals—posterior aspect of distal phalanx	Radial	C7	>3
Extensor indicis proprius	Lower dorsal surface of ulna	Unites with index finger tendon of extensor digitorum communis on middle phalanx 2	Deep radial	C6, C7, C8	>3
Extensor digiti minimi	Lateral epicondyle of humerus	Posterior aspect of middle phalanx 5	Deep radial	C6, C7, C8	>3
Flexor digitorum superficialis	Humeral head—medial epicondyle; Radial head—anterior shaft of ulna and radius	Sides of middle phalanx 2–5	Median	C7–T1	>3
Flexor digitorum profundus	Anterior surface of ulna	Distal phalanges 2–5	Palmar, median, and ulnar	C8–T1	>3
Abductor pollicis longus	Metacarpal and carpal bones	Proximal phalanx of thumb	Ulnar	C8–T1	2
Extensor pollicis brevis	Posterior surface of radius	Posterior surface of proximal phalanx of thumb	Deep radial	C6, C7	3
Extensor pollicis longus	Posterior and lateral surfaces of ulna	Base of distal phalanx of thumb	Deep radial	C6, C7, C8	>3
Flexor pollicis longus	Anterior radial surface	Base of distal phalanx of thumb	Median	C8–T1	>3