

ThomP's Tools
Elbow, Forearm, Wrist Hand
Muscle Review Sheets

Group	Muscle	Joints Crossed			Origins			Insertions			Actions		
Elbow Flexors	biceps brachii	shoulder	elbow		coracoid process of scapula (medial/short head)	supraglenoid tubercle, scapula (lateral/long head)		radial/bicipital tuberosity of radius			flexion of elbow	flexion of shoulder	supination of forearm (prime mover)
	brachialis	elbow			anterior humerus, distal half			ulnar tuberosity of ulna			flexion of elbow		
	brachioradialis	elbow	proximal radio-ulnar joint	distal radio-ulnar joint	lateral supracondylar ridge of humerus			styloid process of radius			flexion of elbow (strongest in neutral position)	supination of forearm (to neutral position)	pronation of forearm (to neutral position)
Elbow Extensors	triceps brachii	shoulder	elbow		long head: infraglenoid tubercle of scapula	lateral head: proximal humerus	medial head: distal humerus	olecranon process of ulna			extension of shoulder	extension of elbow (prime mover)	
	<i>anconeus</i>	<i>elbow</i>			<i>lateral epicondyle of humerus</i>			<i>olecranon process & adjacent shaft of ulna</i>			<i>extension of elbow, last few degrees</i>		
Pronators	pronator quadratus	distal radio-ulnar joint			distal ulna			distal radius			pronation of forearm (co-prime mover w/teres)		
	pronator teres	elbow	proximal radio-ulnar joint		medial epicondyle of humerus	coranoid process of ulna		radius, mid shaft			flexion of elbow	pronation of forearm (co-prime mover w/quadratus)	
Supinator	supinator	elbow joint	proximal radio-ulnar joint		posterior ulna			radius			(weak) extension of elbow	supination of forearm	

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Wrist Extensors	extensor carpi radialis brevis	wrist joint	intercarpal joints		lateral epicondyle of humerus			3rd metacarpal (dead center on wrist)			extension of wrist	NOT radial deviation	
	extensor carpi radialis longus	wrist joint	intercarpal joints		lateral epicondyle & supracondylar ridge, humerus			2nd metacarpal			extension of wrist	radial deviation of wrist	
	extensor carpi ulnaris	wrist joint	intercarpal joints		lateral epicondyle of humerus			5th metacarpal			extension of wrist	ulnar deviation of wrist	
	extensor digitorum (communus)	wrist joint	all joints of digits		lateral epicondyle of humerus			distal phalanges of digits 2,3,4,5			extension of wrist	extension of digits 2,3,4,5	
	extensor indicis	wrist joint	all joints of 2nd digit		radius/ulna			distal phalanx of 2nd digit			extension of 2nd digit (index)		
	extensor digiti minimi	wrist joint	joints of 5th digit		lateral epicondyle of humerus			distal phalanx of 5th digit			extension of wrist	extension of 5th digit	ulnar deviation of wrist
Wrist Flexors	flexor carpi radialis	wrist joint	intercarpal joints	elbow (to little effect)	medial epicondyle of humerus			2nd metacarpal	3rd metacarpal		flexion of wrist	radial deviation of wrist	
	flexor carpi ulnaris	wrist joint	intercarpal joints	elbow (to little effect)	medial epicondyle of humerus			pisiform	hammate	5th metacarpal	flexion of wrist	ulnar deviation of wrist	
	flexor digitorum profundus	wrist joint	all joints of 4 digits		anterior ulna (deep origin)			distal phalanges of digits 2,3,4,5			flexion of wrist	flexion of distal phalanges of digits 2,3,4,5	(ulnar deviation)
	flexor digitorum superficialis	wrist joint	most joints of hand	elbow (to little effect)	medial epicondyle of humerus	radius (deep general origin)	ulna (deep general origin)	middle phalanges of digits 2,3,4,5			flexion of wrist	flexion of digits 2,3,4,5	
	palmaris longus	wrist joint	intercarpal joints	elbow (to little effect)	medial epicondyle of humerus			palmar aponeurosis (deep fascia)			flexion of wrist	tightening of palm	
	<i>Intrinsic muscles of the hand</i>	<i>joints of the hand</i>			<i>phalanges</i>			<i>carpals</i>	<i>metacarpals</i>		<i>all actions of the hand and individual digits</i>		
Thumb Muscles	abductor pollicis longus	wrist joint	carpal-metacarpal joint of 1st digit (thumb)		radius/ulna			1st metacarpal			abduction of 1st digit (thumb)		
	extensor pollicis	wrist joint	all joints of 1st digit (thumb)		radius/ulna			distal phalanx of 1st digit (thumb)			extension of 1st digit (thumb)		
	extensor pollicis longus	wrist joint	most joints of 1st digit (thumb)		radius/ulna			proximal phalanx of 1st digit (thumb)			extension of 1st digit (thumb)		
	flexor pollicis longus	wrist joint	all joints of 1st digit (thumb)		anterior radius (deep origin)			distal phalanx of the 1st digit (thumb)			flexion of the 1st digit (thumb)	flexion of the wrist	(radial deviation)