

## Anatomy & Physiology: Muscles—Abductor Digiti Minimi Pedis.

### STRUCTURE.

- Origin: calcaneus, plantar aponeurosis.
- Insertion: lateral side of proximal phalanx of little toe with the tendon of the flexor digiti minimi brevis.

### FUNCTION.

- Concentric action: abducts and flexes little toe at metatarsophalangeal joint.
- Reverse mover action: abduction of metatarsal of little toe at MTP; flex metatarsal of little toe at MTP.
- Eccentric action: controls/restrains/decelerates adduction and extension of little toe at MTP.
- Isometric action: stabilize little toe at MTP.
- Innervation: lateral plantar nerve.
- Arterial supply: lateral plantar artery.

### CLINICAL SIGNIFICANCE.

## References

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