

## Anatomy & Physiology: Muscles—Abductor Hallucis.

### STRUCTURE.

- Origin: calcaneus, plantar aponeurosis and flexor retinaculum.
- Insertion: medial side of proximal phalanx of great toe with the tendon of the flexor hallucis brevis.

### FUNCTION.

- Concentric action: abducts and flexes great toe at metatarsophalangeal joint.
- Reverse mover action: abduction of hallux at MTP, flexion of hallux at MTP.
- Eccentric action: controls/restrains/decelerates adduction and extension of hallux at MTP.
- Isometric action: stabilization of hallux.
- Innervation: medial plantar nerve.
- Arterial supply: medial plantar artery.

### CLINICAL SIGNIFICANCE.

## References

Biel, A. (2015). *Trail guide to the body: A hands-on guide to locating muscles, bones and more.*

Clark, M., Lucett, S., Sutton, B. G., & National Academy of Sports Medicine. (2014). *NASM essentials of corrective exercise training.* Burlington, MA: Jones & Bartlett Learning.

Jenkins, G., & Tortora, G. J. (2012). *Anatomy and Physiology: From Science to Life, 3rd Edition International Stu.* John Wiley & Sons.

Muscolino, J. E. (2017). *The muscular system manual: The skeletal muscles of the human body.*