

Anatomy & Physiology: Muscles—Adductor Hallucis.

STRUCTURE.

- Origin: metatarsals 2-4, ligaments of 3-5 metatarsophalangeal joints, and tendon of peroneus longus.
- Insertion: lateral side of proximal phalanx of great toe.

FUNCTION.

- Concentric action: adducts and flexes great toe at metatarsophalangeal joint.
- Reverse mover action: adduction of hallux at MTP; flexion of hallux at MTP.
- Eccentric action: controls/restrains/decelerates abduction and extension of MTP of hallux.
- Isometric action: stabilize hallux at MTP.
- Innervation: lateral plantar nerve.
- Arterial supply: branches of plantar arch.

CLINICAL SIGNIFICANCE.

References

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