

Anatomy & Physiology: Muscles—Adductor Pollicis.

STRUCTURE.

- Origin: oblique head—capitate and metacarpals II and III; transverse head—metacarpal III.
- Insertion: medial side of proximal phalanx of thumb by a tendon containing a sesamoid bone.

FUNCTION.

- Concentric action: adducts thumb at carpometacarpal and metacarpophalangeal joints. Lesser: flexion and extension of thumb at MCP and IP joints respectively.
- Reverse mover action: adducts, flexes trapezium at CMC; flex and extend metacarpal of thumb at MCP and IP respectively.
- Eccentric action: controls/restrains/slows thumb abduction at CMC, extension of thumb at CMC and MCP; flexion at IP of thumb.
- Isometric action: stabilizes CMC, MCP, and IP of thumb.
- Innervation: ulnar nerves.
- Arterial supply: branches of radial artery.

CLINICAL SIGNIFICANCE.

References

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