

Anatomy & Physiology: Muscles—Dorsal Interossei Pedis.

STRUCTURE.

- Origin: adjacent side of metatarsals.
- Insertion: proximal phalanges (both sides of toe II and lateral side of toes 3-4).

FUNCTION.

- Concentric action: adduction and flexion of proximal metatarsophalangeal joints; extension of toes at interphalangeal joints.
- Reverse mover action: abduction of metatarsals of toes 2-4 at MTP; flexion of metatarsals at MTP; extension of proximal phalanges at PIP and DIP.
- Eccentric action: controls/restrains/decelerates adduction of MTP of toes 2-4; extension of MTP of toes 2-4; flexion of PIP and DIP of toes 2-4.
- Isometric action: stabilize MTP, DIP, PIP.
- Innervation: lateral plantar nerve.
- Arterial supply: branches of plantar arch.

CLINICAL SIGNIFICANCE.

References

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