

## Anatomy & Physiology: Muscles—Flexor Digitorum Brevis.

### STRUCTURE.

- Origin: calcaneus, plantar aponeurosis.
- Insertion: sides of middle phalanx of toes II-IV.

### FUNCTION.

- Concentric action: flexes toes II-IV at proximal interphalangeal and metatarsophalangeal joints.
- Reverse mover action: flex metatarsals at MTP, flex proximal phalanges at PIP.
- Eccentric action: controls/restrains/decelerates extension of toes 2-5 at MTP and PIP, and extension of metatarsals 2-5 at MTP.
- Isometric action: stabilize MTP and PIP.
- Innervation: medial plantar nerve.
- Arterial supply: medial and lateral plantar arteries.

### CLINICAL SIGNIFICANCE.

## References

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