

Anatomy & Physiology: Muscles—Lumbricals.

STRUCTURE.

- Origin: lateral sides of tendons and flexor digitorum profundus of each finger.
- Insertion: lateral sides of tendons of extensor digitorum on proximal phalanges of each finger.

FUNCTION.

- Concentric action: flexes each finger at metacarpophalangeal joints and extends fingers at interphalangeal joints. Lesser: abduct and adduct fingers II-V at MCP joints.
- Reverse mover action: extend proximal phalanges at PIP and DIP; flex metacarpals at MCP; abduct/adduct metacarpals at MCP.
- Eccentric action: controls/restrains/slows flexion, extension, adduction/abduction of fingers II-V at MCP.
- Isometric action: stabilizes MCP and interphalangeal joints of fingers II-V.
- Innervation: median and ulnar nerves.
- Arterial supply: branches of radial and ulnar arteries.

CLINICAL SIGNIFICANCE.

References

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