

Anatomy & Physiology: Muscles—Lumbricals Pedis.

STRUCTURE.

- Origin: tendons of flexor digitorum longus.
- Insertion: tendons of extensor digitorum longus on proximal phalanges of toes II-V.

FUNCTION.

- Concentric action: extends toes II-V at interphalangeal and metatarsophalangeal joints.
- Reverse mover action: flex metatarsals at MTP; extend proximal phalanges at PIP and DIP.
- Eccentric action: controls/restrains/decelerates flexion at PIP and DIP; extension of MTP.
- Isometric action: stabilize MTP, PIP, DIP.
- Innervation: medial and lateral plantar nerves.
- Arterial supply: medial and lateral arteries, plantar arch.

CLINICAL SIGNIFICANCE.

References

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