

## Anatomy & Physiology: Muscles—Opponens Pollicis.

### STRUCTURE.

- Origin: flexor retinaculum, scaphoid, and trapezium.
- Insertion: lateral side of first metacarpal.

### FUNCTION.

- Concentric action: move thumb across palm to little finger (bring thumb and little finger together).
- Reverse mover action: flexion, lateral rotation, and abduction of trapezium.
- Eccentric action: controls/restrains/slows thumb movements.
- Isometric action: stabilizes thumb at CMC.
- Innervation: median nerve.
- Arterial supply: branches of radial artery.

### CLINICAL SIGNIFICANCE.

## References

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