

Anatomy & Physiology: Muscles—Plantar Interossei.

STRUCTURE.

- Origin: metatarsals 3-5.
- Insertion: medial side of proximal phalanges of toes III-V.

FUNCTION.

- Concentric action: adduction and flexion of proximal metatarsophalangeal joints; extension of toes at interphalangeal joints.
- Reverse mover action: adduction of metatarsals of toes 3-5 at MTP; flexion of metatarsals at MTP; extension of proximal phalanges at PIP and DIP.
- Eccentric action: controls/restrains/decelerates abduction, extension, and flexion of toes 3-5 at MTP and IP joints.
- Isometric action: stabilizes MTP, PIP, and DIP joints.
- Innervation: lateral plantar nerve.
- Arterial supply: branches of plantar arch.

CLINICAL SIGNIFICANCE.

References

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