

Muscle	Origin	Insertion	Nerve Supply	Nerve Roots	Action
Anterior Compartment Biceps brachii					
Long head	Supraglenoid tubercle of scapula	Tuberosity of radius and bicipital aponeurosis into deep fascia of forearm	Musculocutaneous nerve	C5, 6	Supinator of forearm and flexor of elbow joint; weak flexor of shoulder joint
Short head	Coracoid process of scapula				
Coracobrachialis	Coracoid process of scapula	Medial aspect of shaft of humerus	Musculocutaneous nerve	C5, 6, 7	Flexes arm and also process of weak adductor
Brachialis	Front of lower half of humerus	Coronoid process of ulna	Musculocutaneous nerve	C5, 6	Flexor of elbow joint
Posterior Compartment Triceps					
Long head	Infraglenoid tubercle of scapula				
Lateral head	Upper half of posterior surface of shaft of humerus	Olecranon process of ulna	Radial nerve	C6, 7, 8	Extensor of elbow joint
Medial head	Lower half of posterior surface of shaft of humerus				

^aThe predominant nerve root supply is indicated by boldface type.

Deltoid	Lateral third of clavicle, acromion, spine of scapula	Middle of lateral surface of shaft of humerus	Axillary nerve	C5, 6	Abducts arm; anterior fibers flex and medially rotate arm; posterior fibers extend and laterally rotate arm
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Muscle	Origin	Insertion	Nerve		Action
			Supply	Roots	
Pronator Teres					
Humeral head	Medial epicondyle of humerus	Lateral aspect of shaft of radius	Median nerve	C6, 7	Pronation and flexion of forearm
Ulnar head	Medial border of coronoid process of ulna				
Flexor carpi radialis	Medial epicondyle of humerus	Bases of second and third metacarpal bones	Median nerve	C6, 7	Flexes and abducts hand at wrist joint
Palmaris longus	Medial epicondyle of humerus	Flexor retinaculum and palmar aponeurosis	Median nerve	C7, 8	Flexes hand
Flexor Carpi Ulnaris					
Humeral head	Medial epicondyle of humerus	Pisiform bone, hook of the hamate, base at fifth metacarpal bone	Ulnar nerve	C8; T1	Flexes and adducts hand at wrist joint
Ulnar head	Medial aspect of olecranon process and posterior border of ulna				
Flexor Digitorum Superficialis					
Humero-ulnar head	Medial epicondyle of humerus; medial border of coronoid process of ulna	Middle phalanx of medial four fingers	Median nerve	C7, 8; T1	Flexes middle phalanx of fingers and assists in flexing proximal phalanx and hand
Radial head	Oblique line on anterior surface of shaft of radius				
Flexor pollicis longus	Anterior surface of shaft of radius	Distal phalanx of thumb	Anterior interosseous branch of median nerve	C8; T1	Flexes distal phalanx of thumb
Flexor	Anteromedial	Distal	Ulnar (medial)	C8; T1	Flexes distal

digitorum profundus	surface of shaft of ulna	phalanges of medial four fingers	half) and median (lateral half) nerves	phalanx of fingers; then assists in flexion of middle and proximal phalanges and wrist
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Table 9-7 Muscles of the Lateral Fascial Compartment of the Forearm

Muscle	Origin	Insertion	Nerve Supply	Nerve Roots	Action
Brachioradialis	Lateral supracondylar ridge of humerus	Base of styloid process of radius	Radial nerve	C5, 6, 7	Flexes forearm at ridge of humerus elbow joint; rotates forearm to the midprone position
Extensor carpi radialis longus	Lateral supracondylar ridge of humerus	Posterior surface of base of second metacarpal bone	Radial nerve	C6, 7	Extends and abducts hand at wrist joint

Table 9-8 Muscles of the Posterior Fascial Compartment of the Forearm

Muscle	Origin	Insertion	Nerve Supply	Nerve Roots	Action
Extensor carpi radialis brevis	Lateral epicondyle of humerus	Posterior surface of base of third metacarpal bone	Deep branch of radial nerve	C7, 8	Extends and abducts hand at wrist joint
Extensor digitorum	Lateral epicondyle of humerus	Middle and distal phalanges of medial four fingers	Deep branch of radial nerve	C7, 8	Extends fingers and hand (see text for details)
Extensor carpi ulnaris	Lateral epicondyle of humerus	Base of fifth metacarpal bone	Deep branch of radial nerve	C7, 8	Extends and adducts hand at wrist joint
Anconeus	Lateral epicondyle of humerus	Lateral surface of olecranon process of ulna	Radial nerve	C7, 8; T1	Extends elbow joint
Abductor pollicis longus	Posterior surface of	Base of first metacarpal	Deep branch of	C7, 8	Abducts and extends thumb

	shafts of radius and ulna		radial nerve		
Extensor pollicis brevis	Posterior surface of shaft of radius	Base of proximal phalanx of thumb	Deep branch of radial nerve	C7, 8	Extends metacarpophalangeal joints of thumb
Extensor pollicis longus	Posterior surface of shaft of ulna	Base of distal phalanx of thumb	Deep branch of radial nerve	C7, 8	Extends distal phalanx of thumb

Short Muscles of Thumb

Abductor pollicis brevis	Scaphoid, trapezium, flexor retinaculum	Base of proximal phalanx of thumb	Median nerve	C8; T1	Abduction of thumb
Flexor pollicis brevis	Flexor retinaculum	Base of proximal phalanx of thumb	Median nerve	C8; T1	Flexes metacarpophalangeal joint of thumb
Opponens pollicis	Flexor retinaculum	Shaft of metacarpal bone of thumb	Median nerve	C8; T1	Pulls thumb medially and forward across palm
Adductor pollicis	Oblique head; second and third metacarpal bones; transverse head; third metacarpal bone	Base of proximal phalanx of thumb	Deep branch of ulnar nerve	C8; T1	Adduction of thumb

Short Muscles of Little Finger

Abductor digiti minimi	Pisiform bone	Base of proximal phalanx of little finger	Deep branch of ulnar nerve	C8; T1	Abducts little finger
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Interossei (8)

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| <p>Palmar
(4)</p> | <p>First arises from
base of first
metacarpal;
remaining three
from anterior
surface of shafts of
second, fourth, and
fifth metacarpals</p> | <p>Proximal
phalanges of
thumb and index,
ring, and little
fingers and
dorsal extensor
expansion of
each finger (Fig.
9-69)</p> | <p>Deep
branch
of ulnar
nerve</p> | <p>C8; Palmar interossei adduct fingers
T1 toward center of third finger</p> |
| <p>Dorsal
(4)</p> | <p>Contiguous sides of
shafts of metacarpal
bones</p> | <p>Proximal
phalanges of
index, middle,
and ring fingers
and dorsal
extensor
expansion (Fig.
9-69)</p> | <p>Deep
branch
of ulnar
nerve</p> | <p>C8; Dorsal interossei abduct shafts of
T1 metacarpal fingers from center
of third finger; both palmar and
dorsal flex
metacarpophalangeal joints and
extend interphalangeal joints</p> |