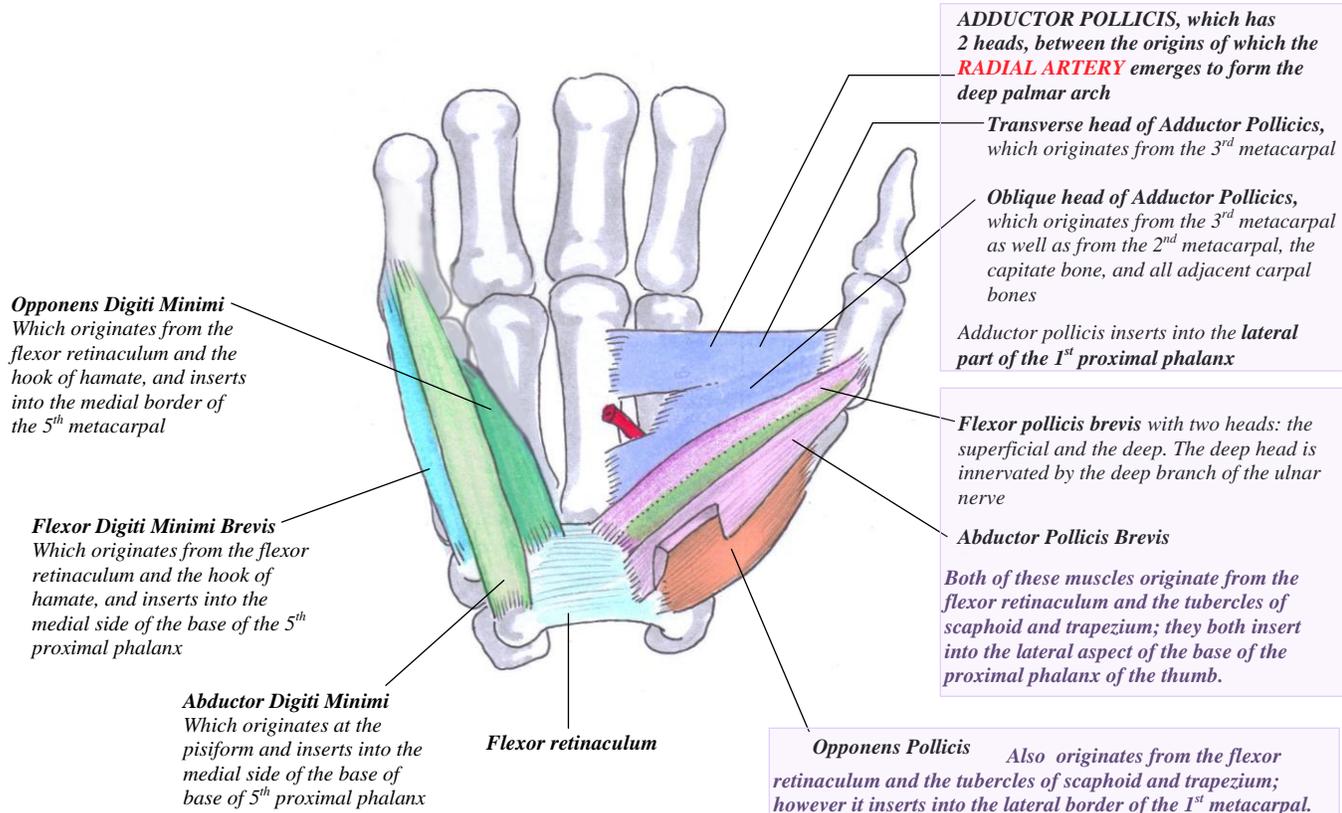


Thenar and Hypothenar muscles

There are 3 Thenar muscles, 3 Hypothenar muscles, 1 Adductor muscle, 4 Lumbricals, 4 dorsal interossei and 3 palmar interossei



Hypothenar Muscles

In the HYPOTHENAR compartment

- **Opponens Digiti Minimi**
 - deep branch of **ULNAR NERVE**
 - originates from hook of hamate and the flexor retinaculum
 - inserts into the medial border of the 5th metacarpal
 - pulls the 5th metacarpal anteriorly, and rotates the 5th digit so it can participate in opposition with the thumb
 - acts exclusively at the MCP joint
- **Flexor Digiti Minimi Brevis**
 - deep branch of **ULNAR NERVE**
 - originates from hook of hamate and the flexor retinaculum
 - inserts into the medial side of the base of the 5th proximal phalanx
 - flexes the proximal phalanx of the 5th digit
- **Abductor digiti Minimi**
 - deep branch of **ULNAR NERVE**
 - originates from the pisiform
 - inserts into the medial surface of the base of the 5th proximal phalanx
 - Abducts the 5th digit and assists in its flexion
 - It is the most superficial of the three hypothenar muscles

There is also Palmaris Brevis; a useless little muscle which wrinkles the skin of the palm; it originates at the flexor retinaculum and inserts into the skin. The ulnar nerve innervates it.

IT IS NOT PART OF THE HYPOTHENAR COMPARTMENT

Thenar Muscles

In the ADDUCTOR compartment

- **Adductor Pollicis**
 - deep branch of the **Ulnar nerve**
 - **TRANSVERSE HEAD** originates from the anterior surface of the 3rd metacarpal
 - **OBLIQUE HEAD** originates from the bases of the 2nd and 3rd metacarpals, from the capitate bone, and from any carpals around the capitate.
 - Inserts into the medial side of the base of proximal phalanx of thumb. There tends to be a sesamoid bone at the site of insertion.
 - **Adducts the thumb towards the lateral border of the palm (presses it against the palm)**

In the THENAR compartment

- **Flexor Pollicis Brevis**
 - **DEEP HEAD: deep branch of ULNAR NERVE**
 - **SUPERFICIAL HEAD: Recurrent branch of MEDIAN NERVE**
 - originates from the flexor retinaculum and the tubercles of the scaphoid and trapezium.
 - Inserts into the lateral aspect of the base of the proximal phalanx of the thumb
 - **Flexes the thumb: brings its tip towards the base of pinky**
- **Abductor Pollicis Brevis: Recurrent branch of MEDIAN NERVE**
 - originates from the flexor retinaculum and the tubercles of the scaphoid and trapezium.
 - Inserts into the lateral aspect of the base of the proximal phalanx of the thumb
 - **Abducts and helps oppose the thumb**
- **Opponens Pollicis Brevis: Recurrent b. of MEDIAN NERVE**
 - originates from the flexor retinaculum and the tubercles of the scaphoid and trapezium; Inserts into the lateral side of the 1st metacarpal.
 - Opposes the thumb: medially rotates and pulls medially the 1st metacarpal. Acts exclusively at the MCP joint