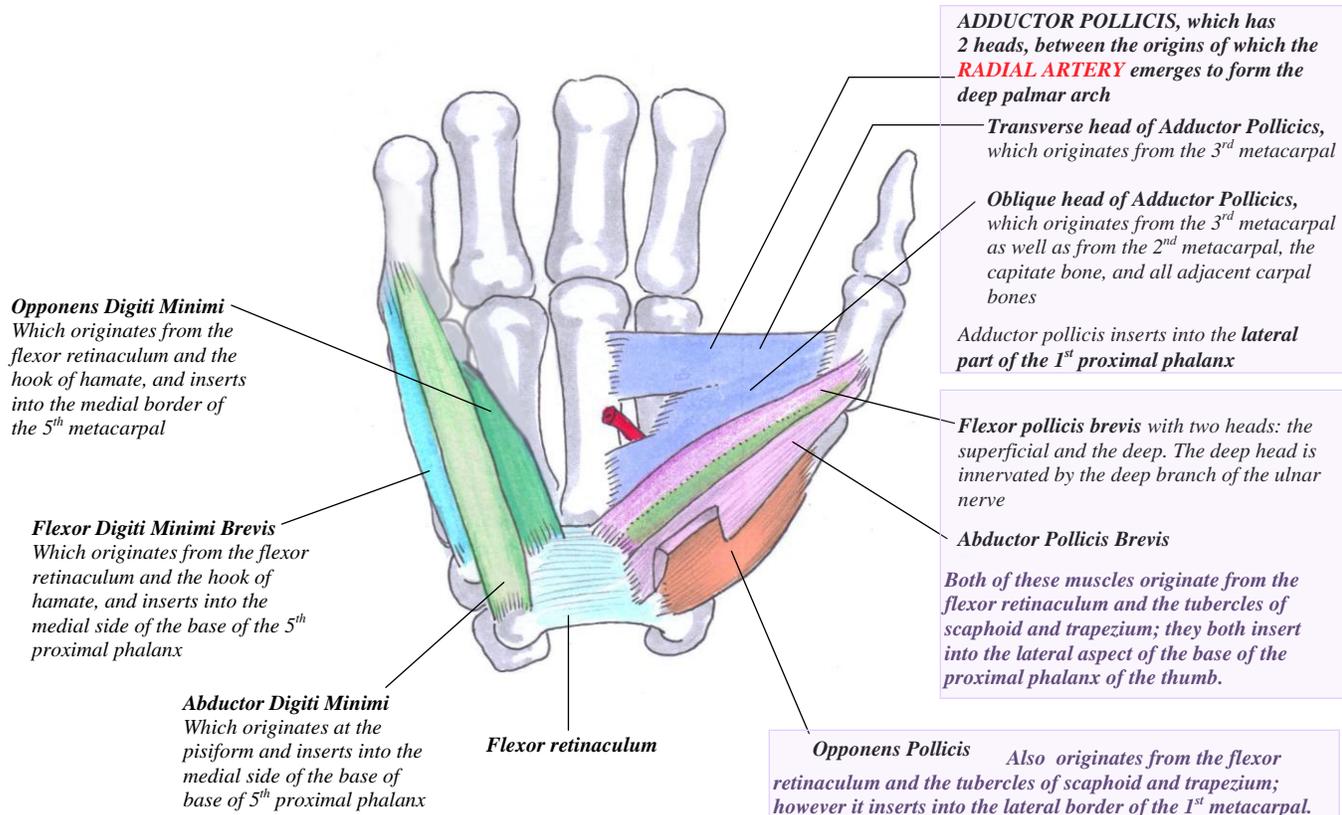


## Thenar and Hypothenar muscles

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 5<sup>th</sup> metacarpal
  - pulls the 5<sup>th</sup> metacarpal anteriorly, and rotates the 5<sup>th</sup> 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 5<sup>th</sup> proximal phalanx
  - flexes the proximal phalanx of the 5<sup>th</sup> digit
- **Abductor digiti Minimi**
  - deep branch of **ULNAR NERVE**
  - originates from the pisiform
  - inserts into the medial surface of the base of the 5<sup>th</sup> proximal phalanx
  - Abducts the 5<sup>th</sup> 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 3<sup>rd</sup> metacarpal
  - **OBLIQUE HEAD** originates from the bases of the 2<sup>nd</sup> and 3<sup>rd</sup> 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 1<sup>st</sup> metacarpal.
  - Opposes the thumb: medially rotates and pulls medially the 1<sup>st</sup> metacarpal. Acts exclusively at the MCP joint