This document was created by Alex Yartsev (dr.alex.yartsev@gmail.com); if I have used your data or images and forgot to reference you, please email me.

# Myotomes of the Upper Limb, and the muscles they influence

A myotome is the group of muscles supplied by one spinal nerve segment

**C5**

Brachioradialis
**Biceps Brachii**
**Brachialis**
**Coracobrachialis**
**Deltoid**
**Teres Major**

**Flexion of the arm**
**"five six, pick up sticks"**
**Also abduction and internal rotation of the shoulder**

**C6**

**Infraspinatus**
**Supraspinatus**
**Subscapularis**
**Teres minor**

**Rotator cuff muscles**

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**C6**

**Triceps Brachii** → **Extension of the arm**

**Extensor Carpi Radialis Brevis**
**Extensor Carpi Radialis Longus**
**Extensor Carpi Ulnaris**

**C7**

**Extensor Digitorum**
**Extensor Indicis**
**Extensor Pollicis Longus**
**Extensor Pollicis Brevis**

**Extension of the fingers and the thumb**
**Except the pinky.** The pinky is extended by the C7-C8 segment; but its still attached to the other extensor tendons by a ligamentous band, so weak extension can still occur

**Palmaris Longus**
**Flexor Carpi Radialis**

**Flexion of the wrist**

**Pronator teres**
**Supinator**
**Abductor Pollicis Longus**

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**Anconeus**

**C7**

**Extensor Digiti Minimi**

**C8**

**Flexor Digitorum Profundus**
**Flexor Digitorum Superficialis**

**Flexion of the fingers…again, except the pinky finger.** The pinky is flexed by flexor digiti minimi **– C8 and T1**

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**Abductor Pollicis Brevis**
**Adductor Pollicis**
**Flexor Pollicis Brevis**

**C8**

**Flexor Pollicis Longus**

**Thumb movements: Everything except extension**

**Flexor Digiti Minimi**

**T1**

**Abductor Digiti Minimi**
**Opponens Digiti Minimi**

**Flexion, abduction, opposition of the pinky finger**
**So, all the hypothenar muscles.**

**Interossei**
**Lumbricals**

**Abduction and Adduction of the fingers**

**Palmaris brevis**
**Pronator Teres**
**Flexor Carpi Ulnaris**