Comparison of Median and Ulnar Innervated Muscles in the Hand

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| **Median** | * Pronator teres * Flexor carpi radialis * Palmaris longus * Flexor digitorum superficialis * Abductor pollicis brevis (LOAF) * Opponens pollicis (LOAF) * Flexor pollicis brevis (LOAF) *(partly innervated by the ulnar n.)* * Lumbricals I & II (LOAF) *(supply digits II & III)* | * Pronates and flexes the forearm at the elbow * Flexes and abducts the hand at the wrist * Flexes hand at the wrist * Flexes middle phalanges at the PIP joint of II-V Flexes proximal phalanges at MCP joint * Abducts thumb metacarpal bone * Opposes thumb to the index finger * Flexes the thumb * Flex the proximal phalanges and extend distal phalanges of digits II & III |
| **AIN (Median)** | * Flexor pollicis longus * Flexor digitorum profundus II & III * Pronator quadratus | * Flexes the DIP of the thumb * Flexes the DIP joint of II & III digits (IV & V are ulnar-innervated) * Pronates the forearm |

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| **Ulnar** | * Flexor carpi ulnaris * Flexor digitorum profundus * Flexor digiti minimi brevis (Hypothenar) * Abductor digiti minimi (Hypothenar) * Opponens digiti minimi (Hypothenar) * Lumbricals III & IV (digits IV & V) * Palmar interossei * Dorsal interossei * Adductor pollicis (Thenar) * Flexor pollicis brevis (Thenar) *(partly median-innervated)* | * Flexes and adducts the hand at the wrist * Flexes the distal phalanges at the DIP joints (digits II-V) Assists with flexion of the hand * Flexes the proximal phalanx of digit V * Abducts the little finger * Opposes the fifth finger * Flex the proximal phalanges and extend the two distal phalanges of digits IV & V * Adduct the fingers toward the middle finger * Abduct the fingers away from the middle finger * Adducts thumb * Flexes the thumb |