Comparison of Median and Ulnar Innervated Muscles in the Hand

|  |  |  |
| --- | --- | --- |
| **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-VFlexes 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
 |

|  |  |  |
| --- | --- | --- |
| **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
 |