Arm, Wrist and Hand

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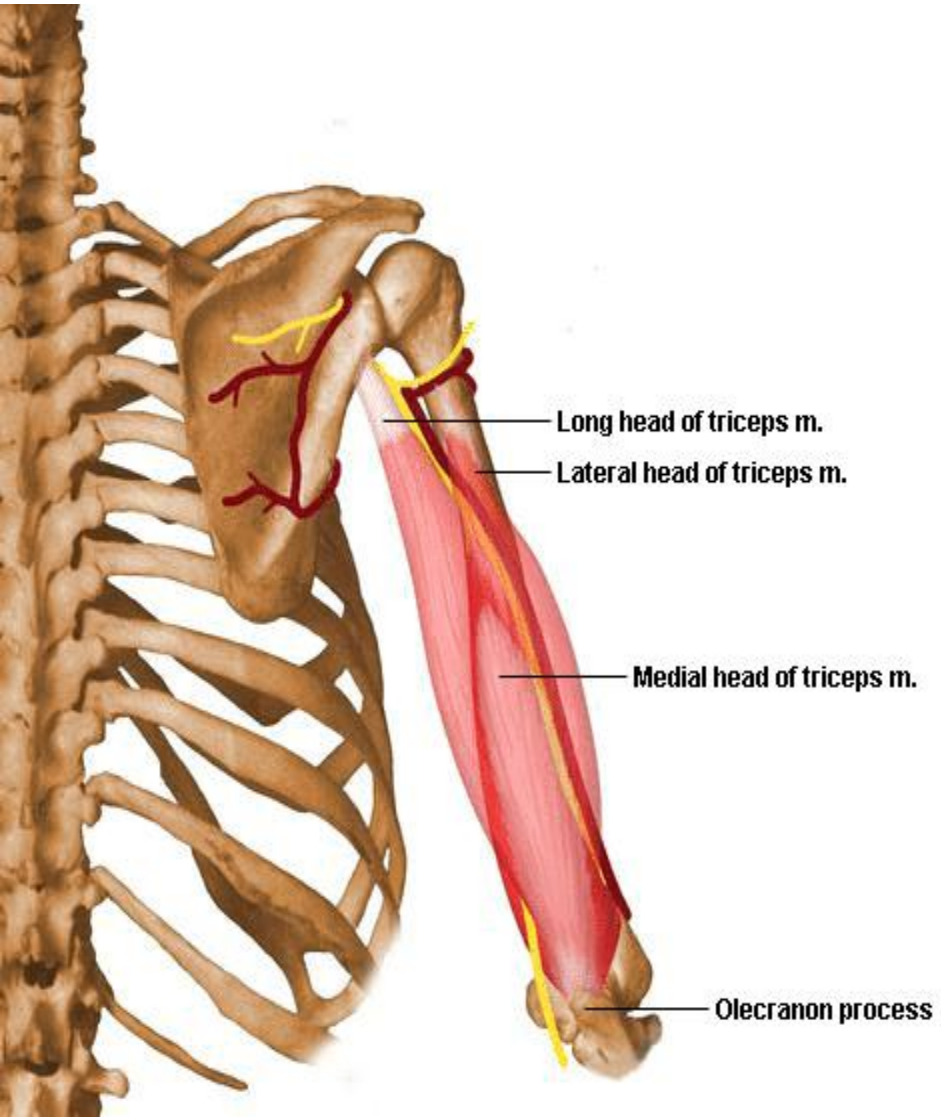
Triceps



Actions

All heads: Extend elbow
Long head: extends and adducts the shoulder

Origins

Long head: infraglenoid tubercle of scapula
Lateral head: upper half of posterior surface of humerus
Medial head: distal two-thirds of posterior surface of the humerus

Insertions

Olecranon process of ulna

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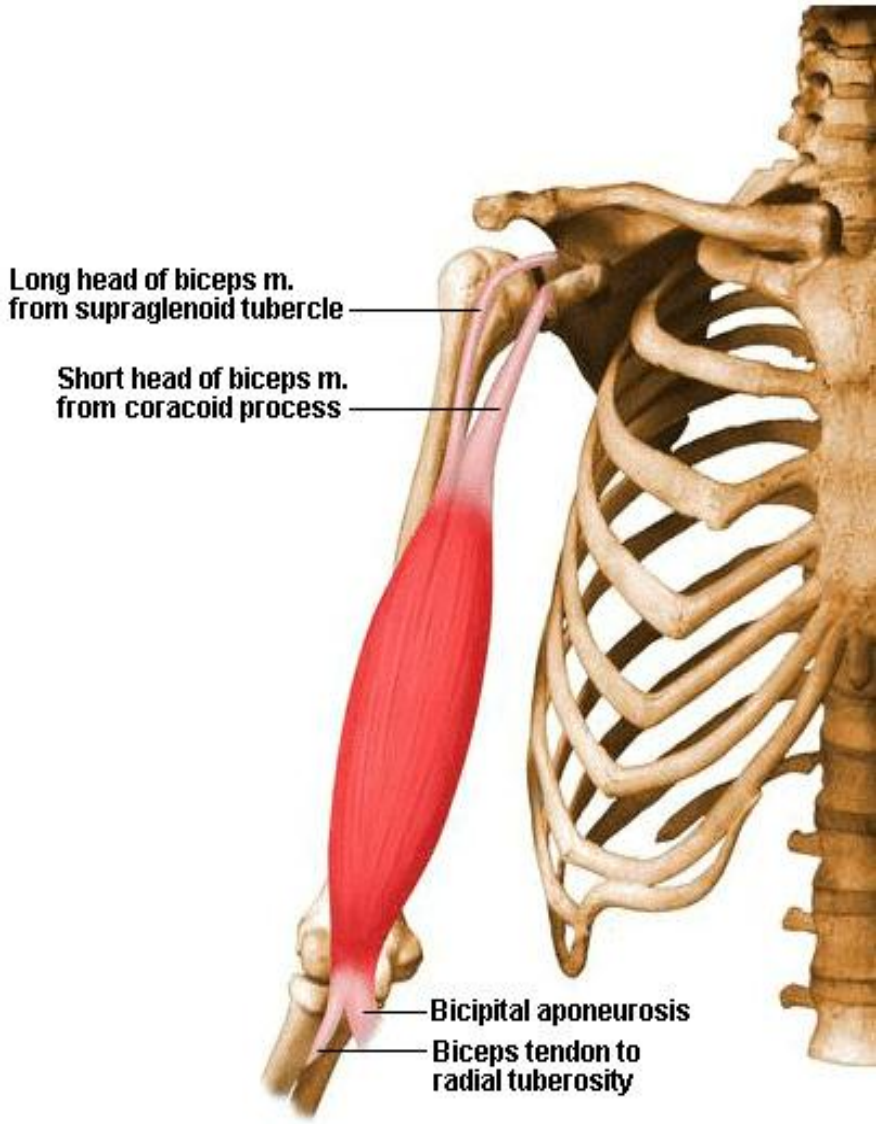
Biceps



Actions

Flexes elbow and supinates forearm; flexes shoulder

Origins

Long head: supraglenoid tubercle of scapula
Short head: coracoid process of scapula

Insertions

Tuberosity of radius and bicipital aponeurosis

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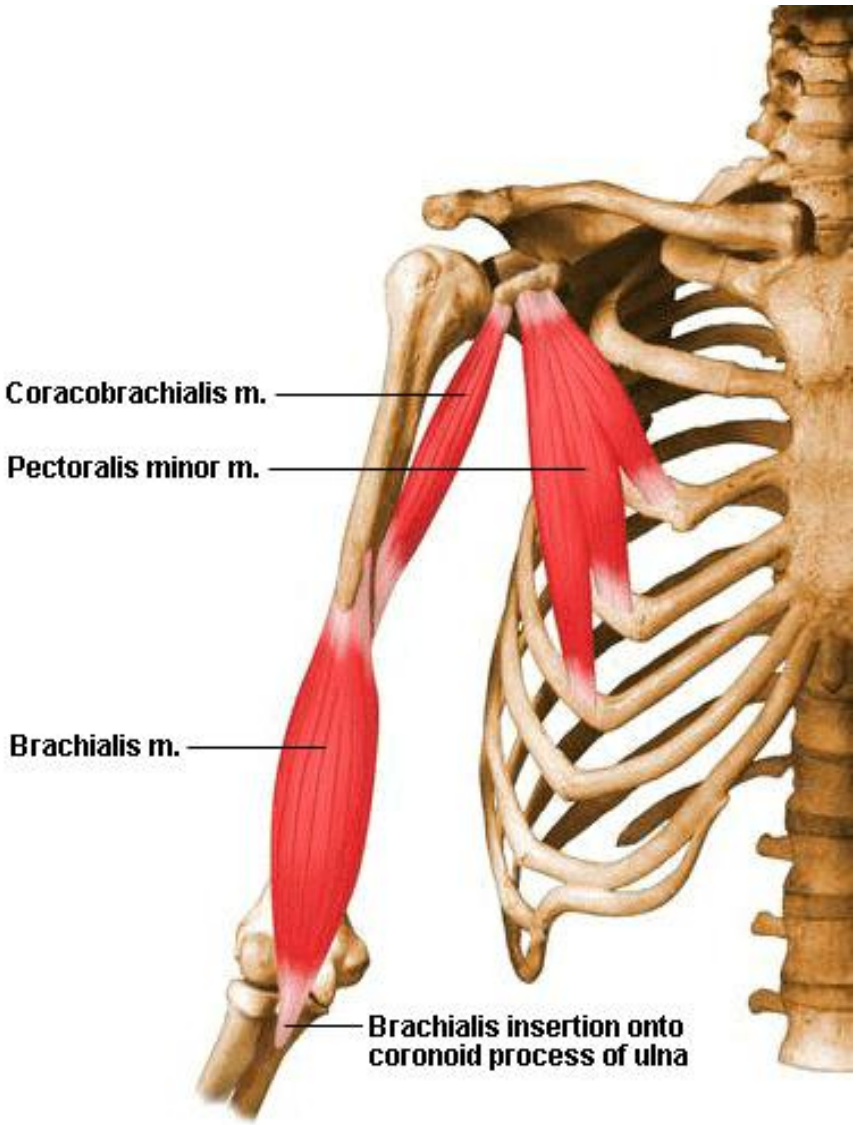
Brachialis



Actions

Flexes elbow

Origins

Distal Half of anterior portion of humerus

Insertions

Coronoid process of ulna

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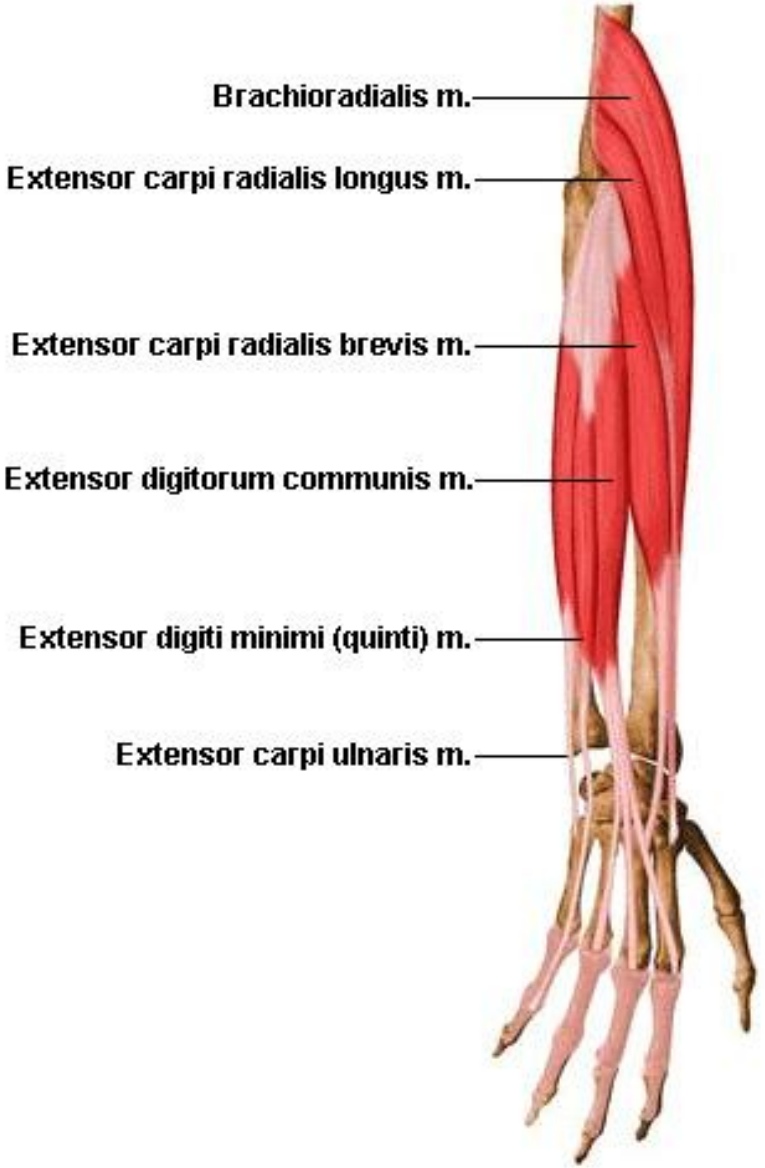
Brachoradialis



Actions

Flexes elbow; pronates forearm from supinated to neutral; supinates forearm from pronated to neutral

Origins

Distal two-thirds of lateral condyloid ridge of humerus

Insertions

Lateral surface of distal end of radius at styloid process

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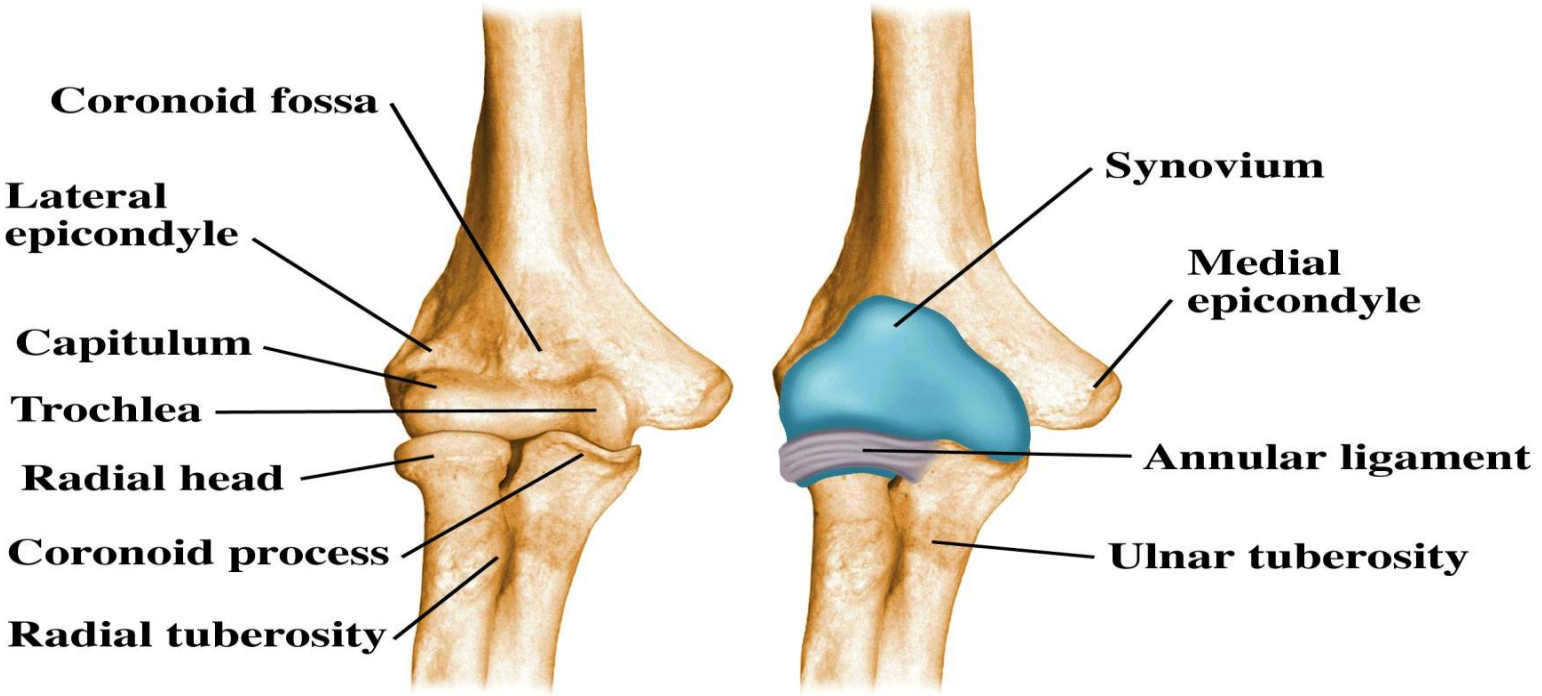
Elbow



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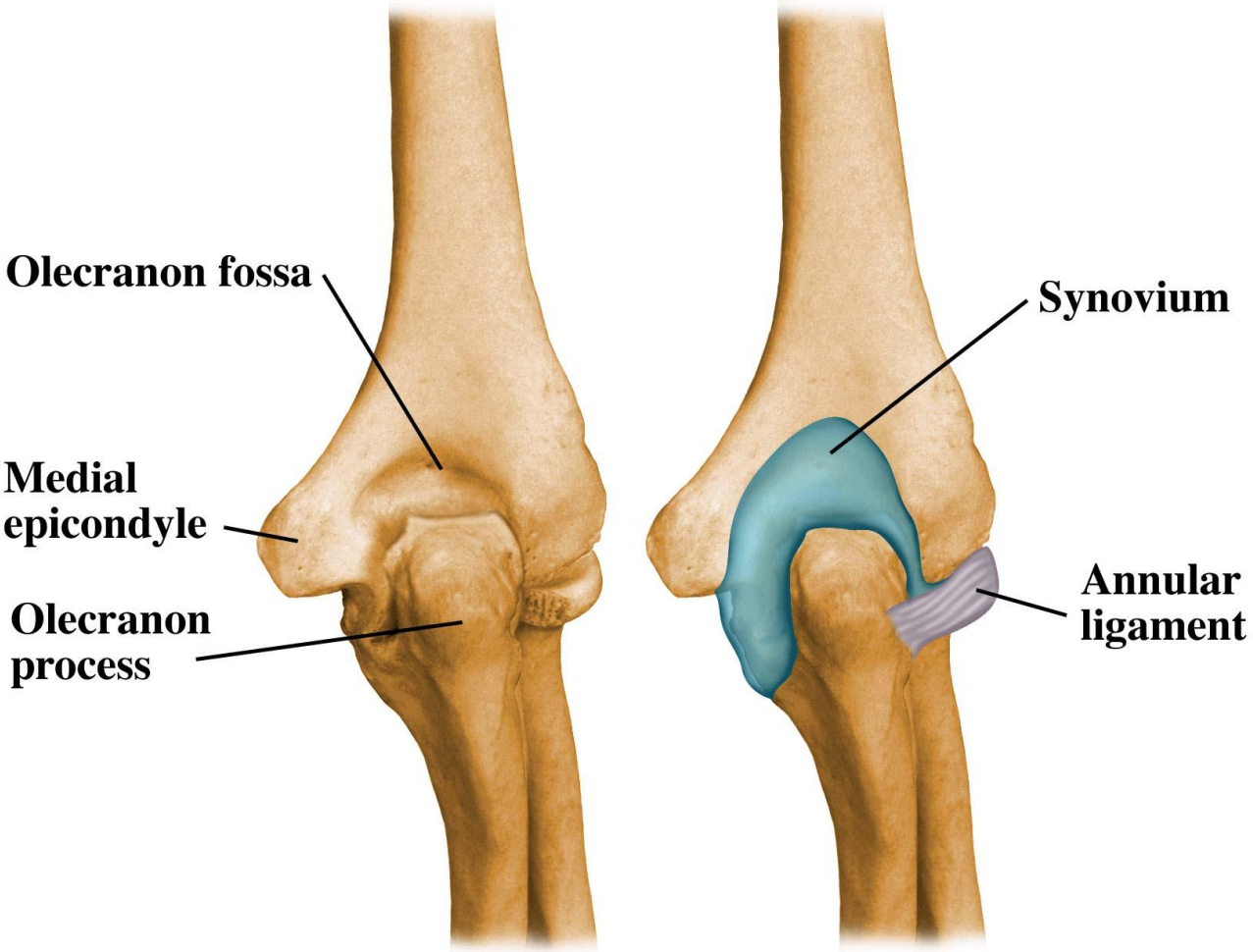
Elbow



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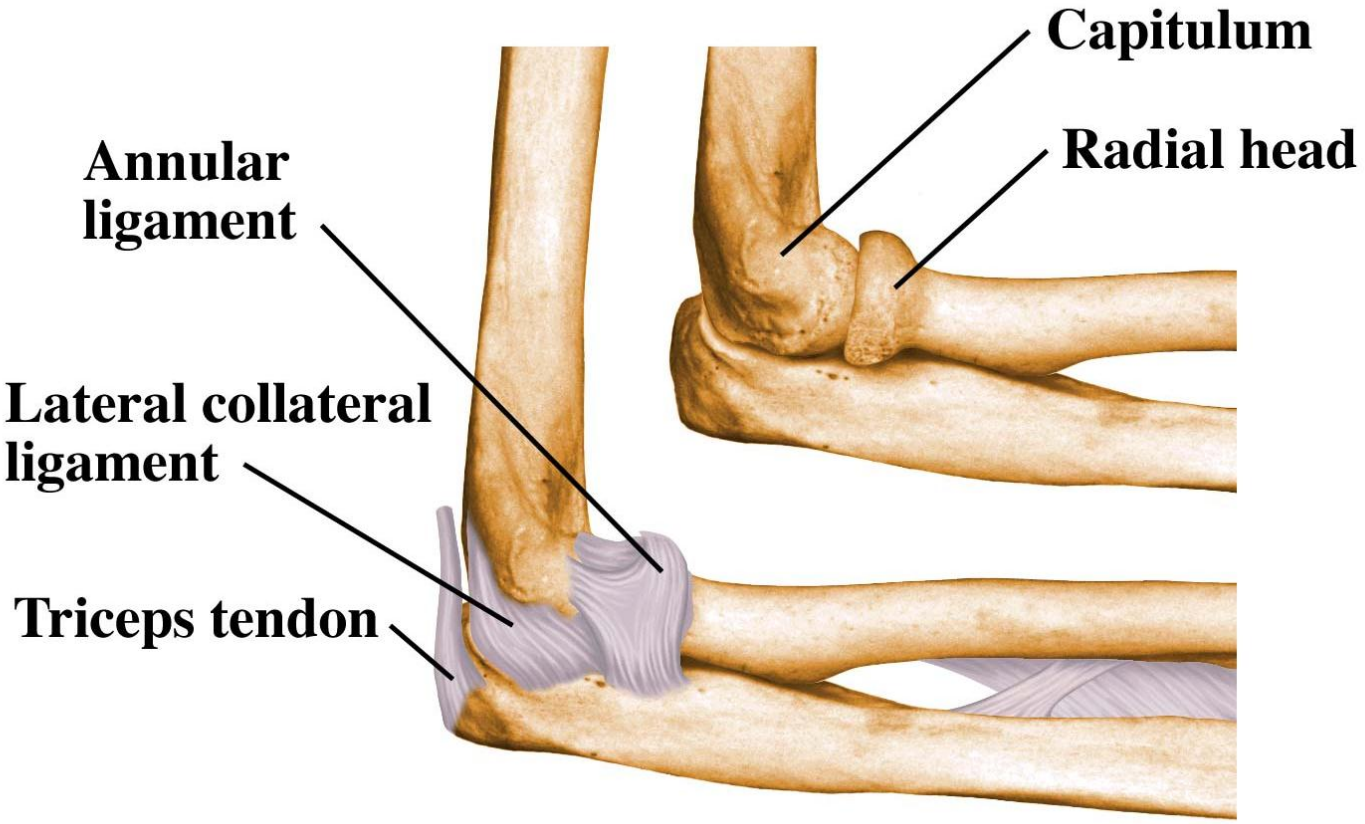
Elbow



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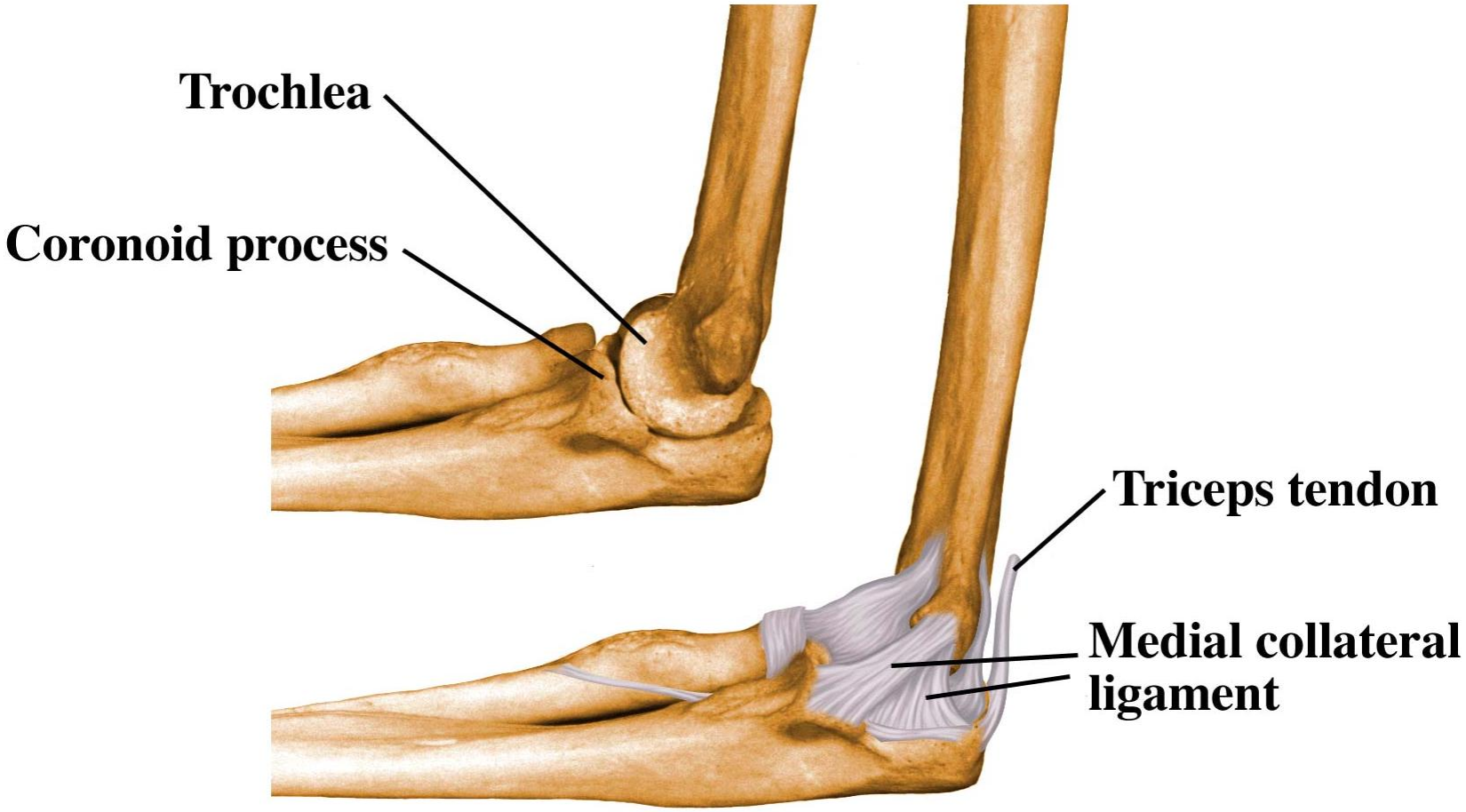
Elbow



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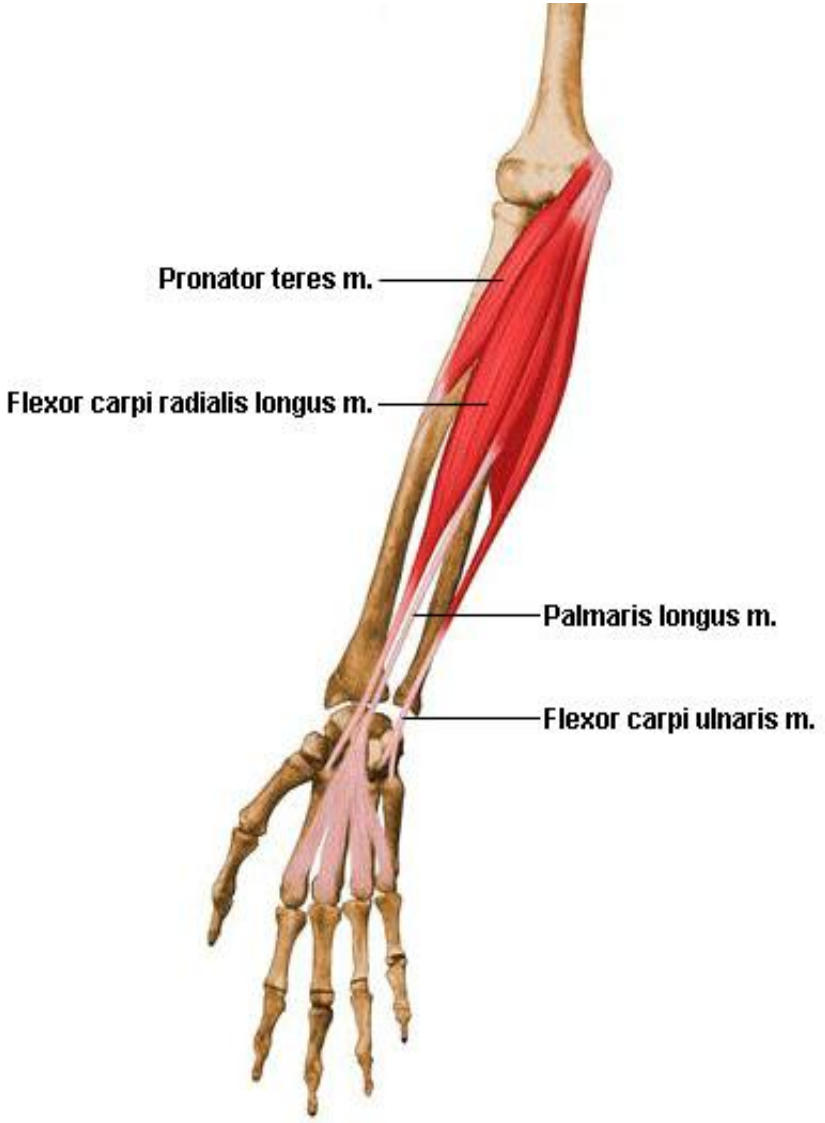
Pronator Teres



Actions

Pronates the forearm; flexes elbow

Origins

Distal part of medial condyloid ridge of humerus and medial side of ulna

Insertions

Middle third of lateral surface of radius

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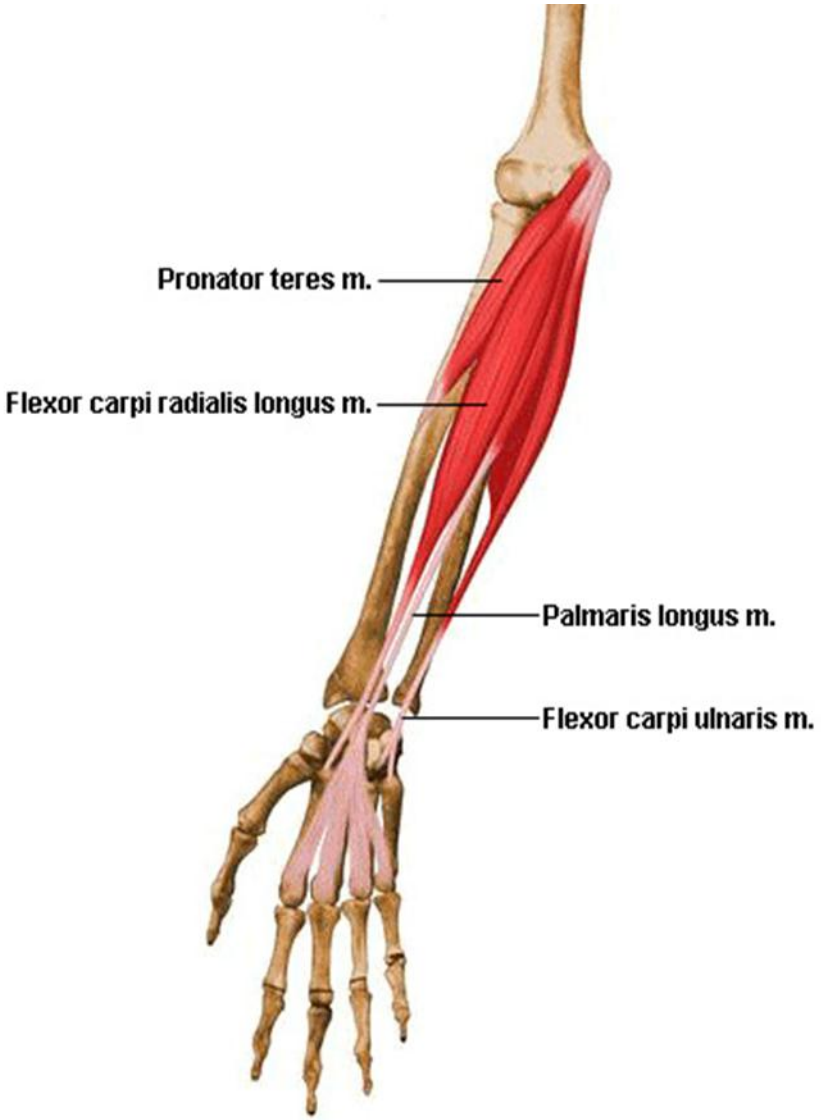
Palmaris Longus



Actions

Flexes wrist

Origins

Medial epicondyle of humerus

Insertions

Palmar aponeurosis of second to fifth metacarpals

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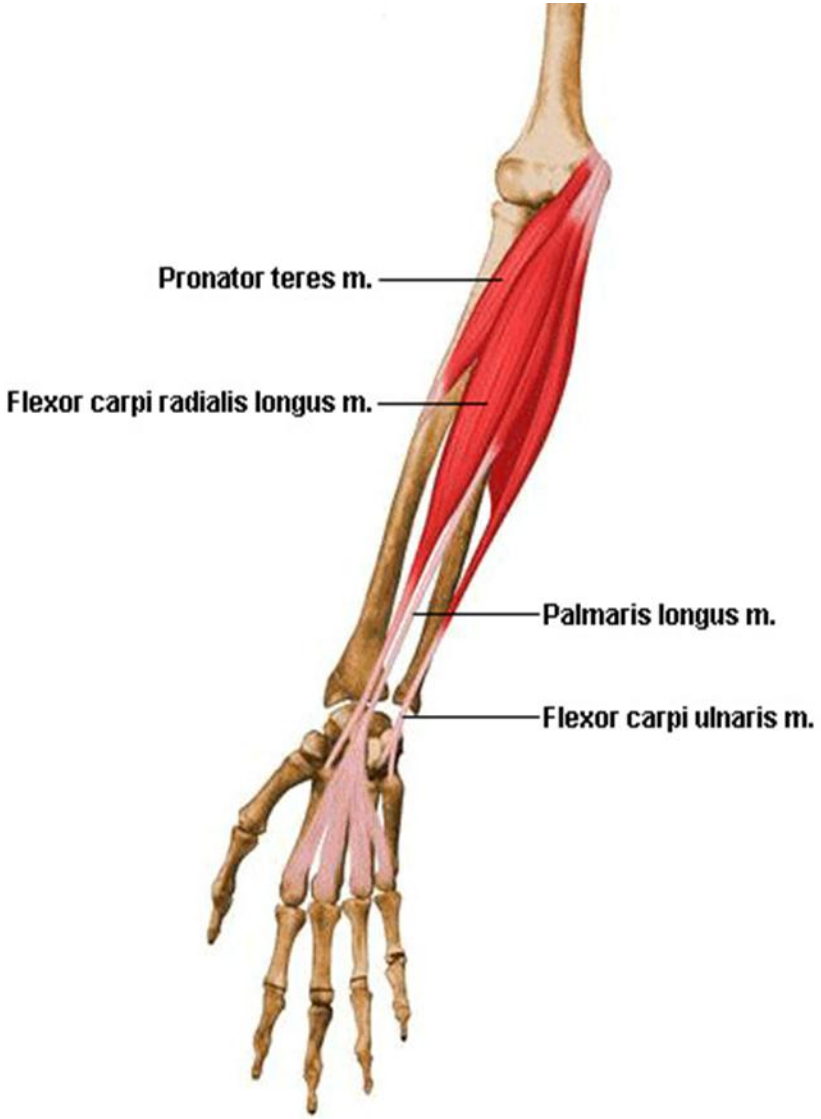
Flexor Carpi Ulnaris



Actions

Flexes wrist; adducts wrist with extensor carpi ulnaris

Origins

Medial epicondyle of humerus and posterior aspect of proximal ulna

Insertions

Base of fifth metacarpal, pisiform and hamate

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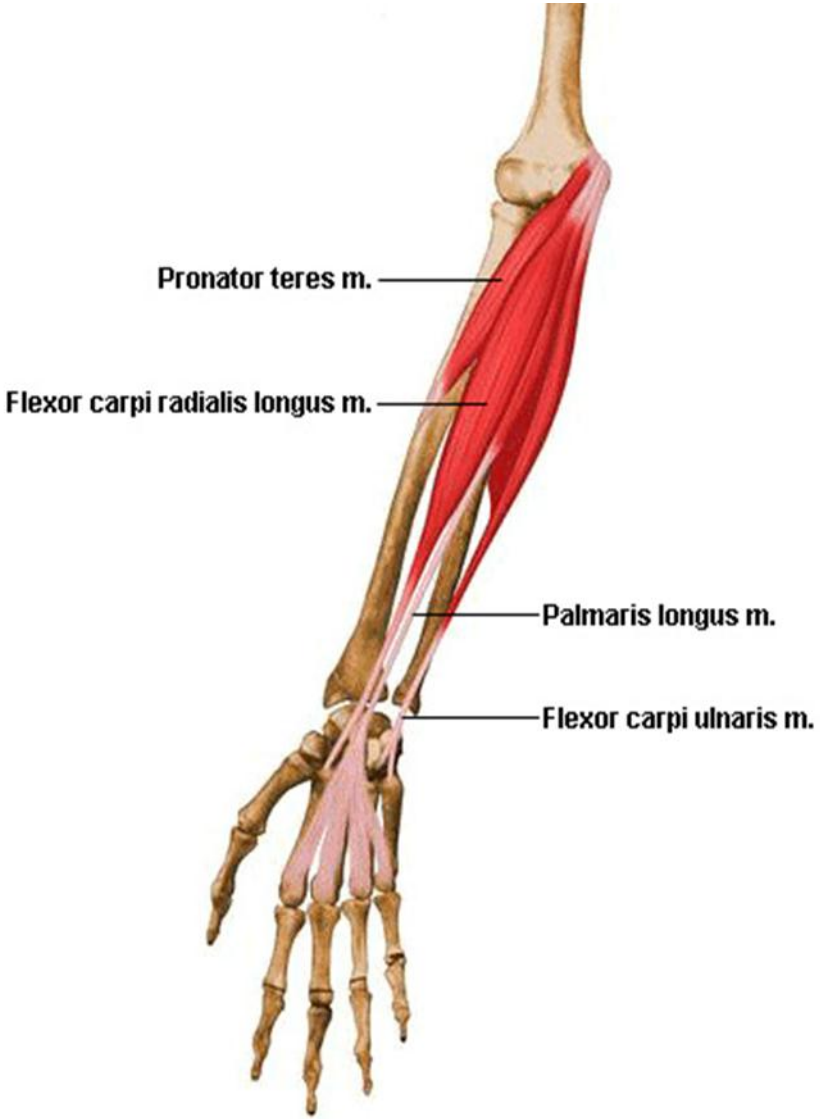
Flexor Carpi Radialis



Actions

Flexes and abducts wrist

Origins

Medial epicondyle of humerus

Insertions

Base of metacarpals

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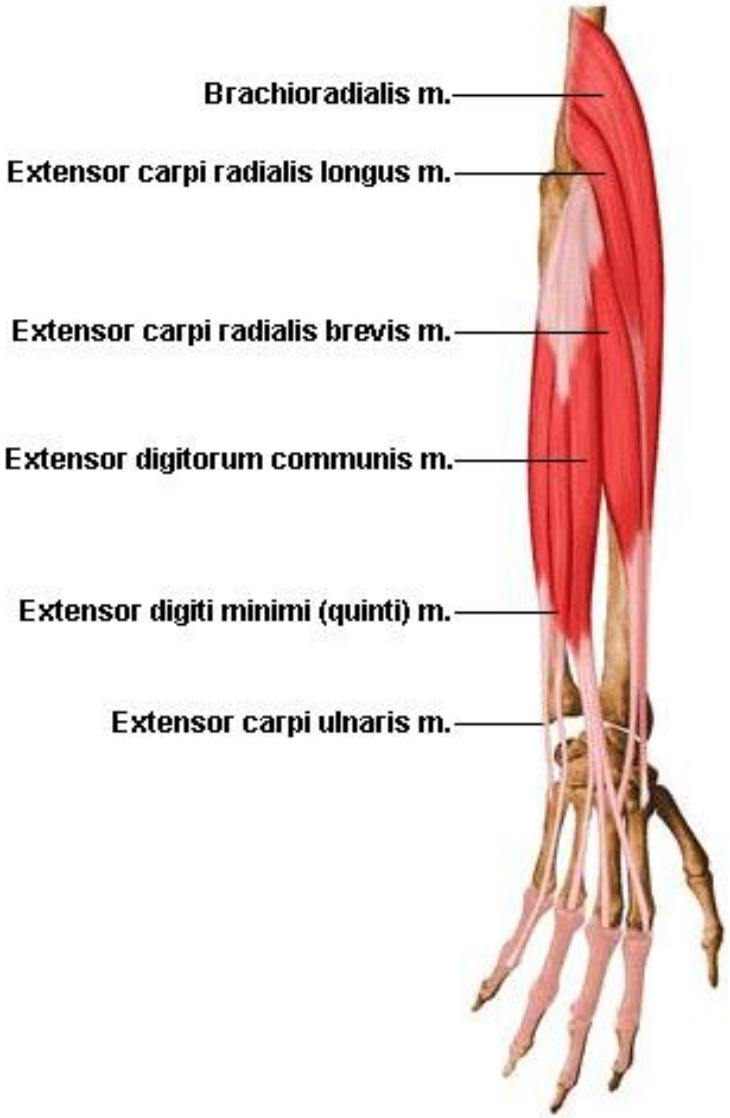
Extensor Digitorum



Actions

Extends wrist ; extends second to fifth phalanges at metacarpophalangeal joints

Origins

Lateral epicondyle of humerus

Insertions

Four tendons to bases of mid and distal phalanges of four fingers

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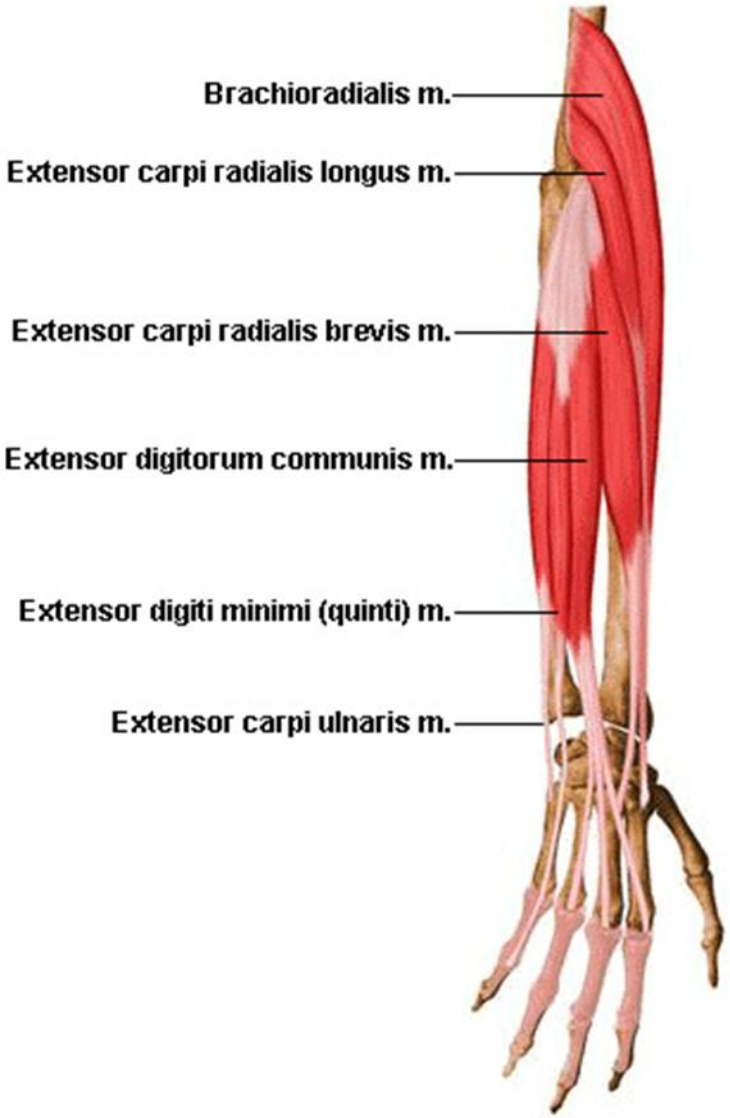
Extensor Carpi Ulnaris



Actions

Extends wrists; adducts wrist and flexor carpi ulnaris

Origins

Lateral epicondyle of humerus

Insertions

Base of fifth metacarpal

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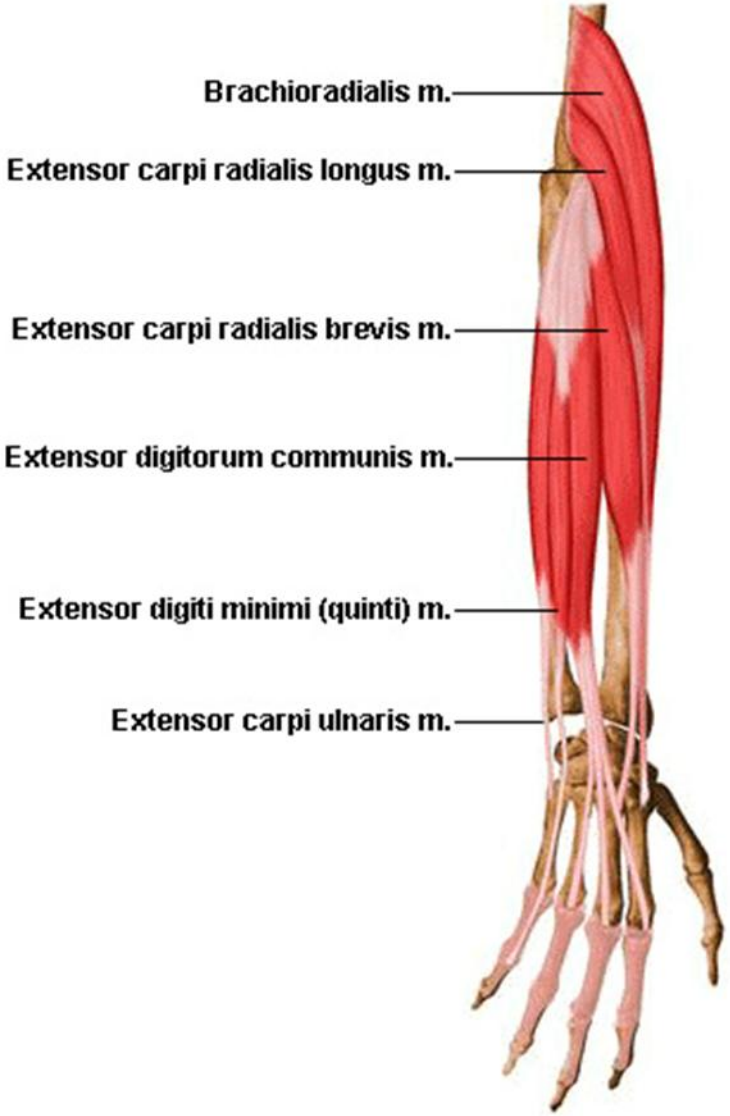
Extensor Carpi Radialis Brevis and Longus



Actions

Extends and abducts wrist

Origins

Lateral epicondyle of humerus

Insertions

Base of second and third metacarpals

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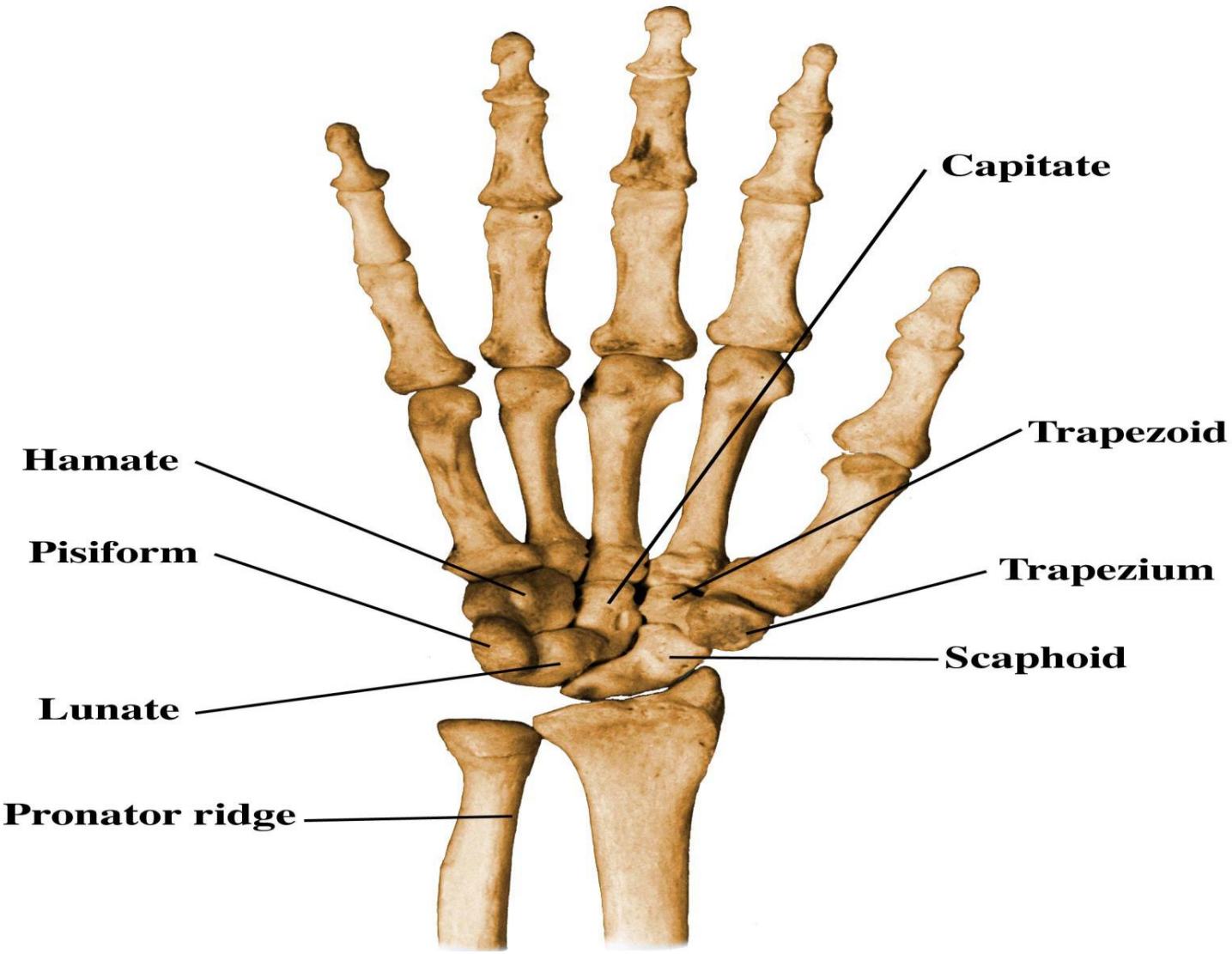
Wrist and Hand