

the muscles

power

finesse





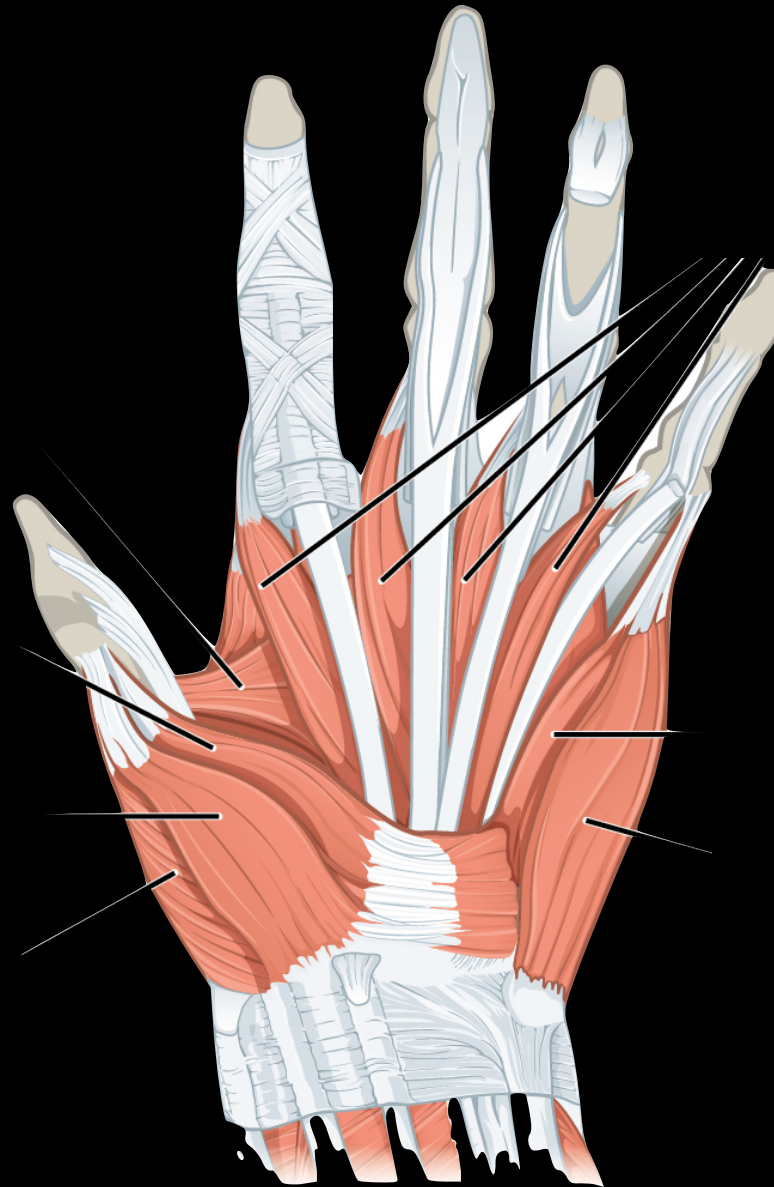
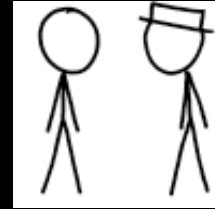


image credit: CFCF on wikimedia commons https://en.wikipedia.org/wiki/File:1121_Intrinsic_Muscles_of_the_Hand_Deep_LD.png

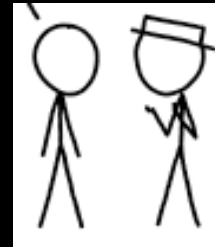
“the intrinsic muscles of the hand are innervated by the ulnar nerve except the radial 2 lumbricals and the thenar eminence”

the intrinsic muscles of the hand
are innervated by the ulnar nerve



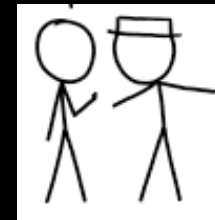
hey that's great, that's
really easy to remember

except the radial & lumbricals...



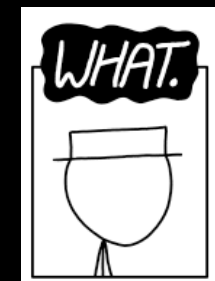
oh, hold on there's a
caveat

... and the thenar eminence



and another one...

... and adductor pollicis



i don't even know why i'm
friends with you...

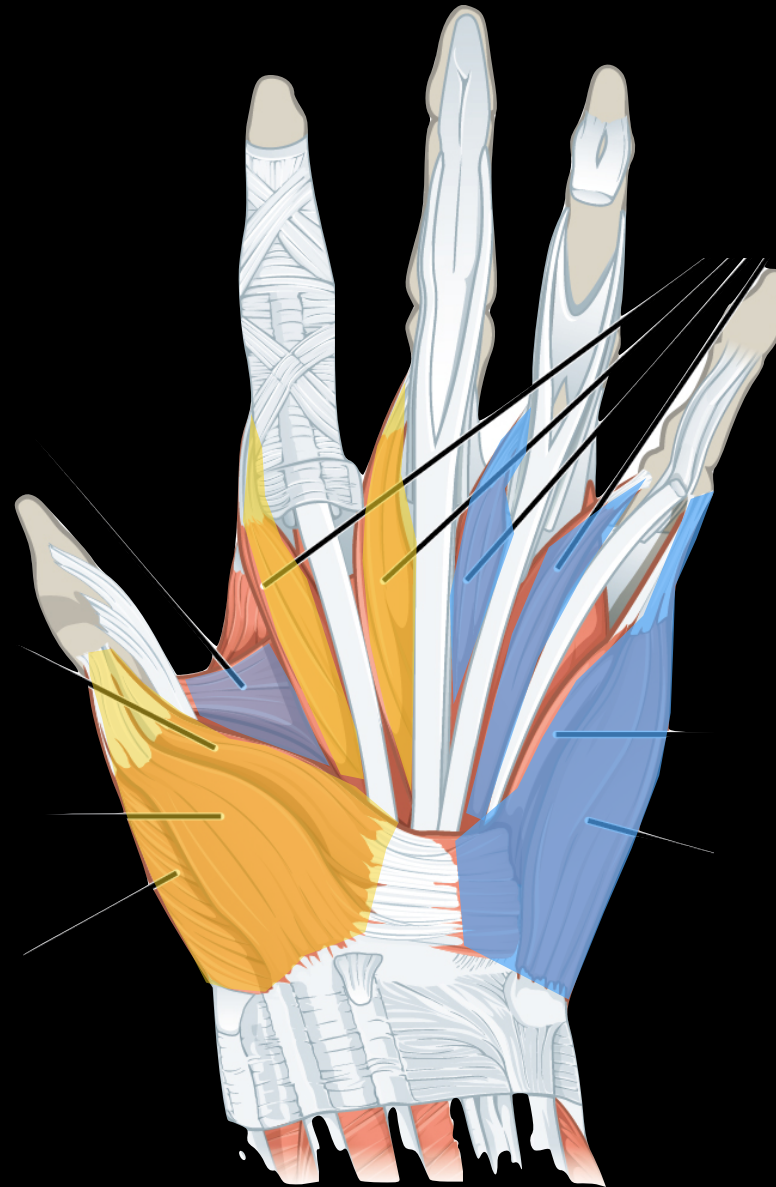


median

ulnar

radial

thenars



lumbricals

hypothenars

palmar

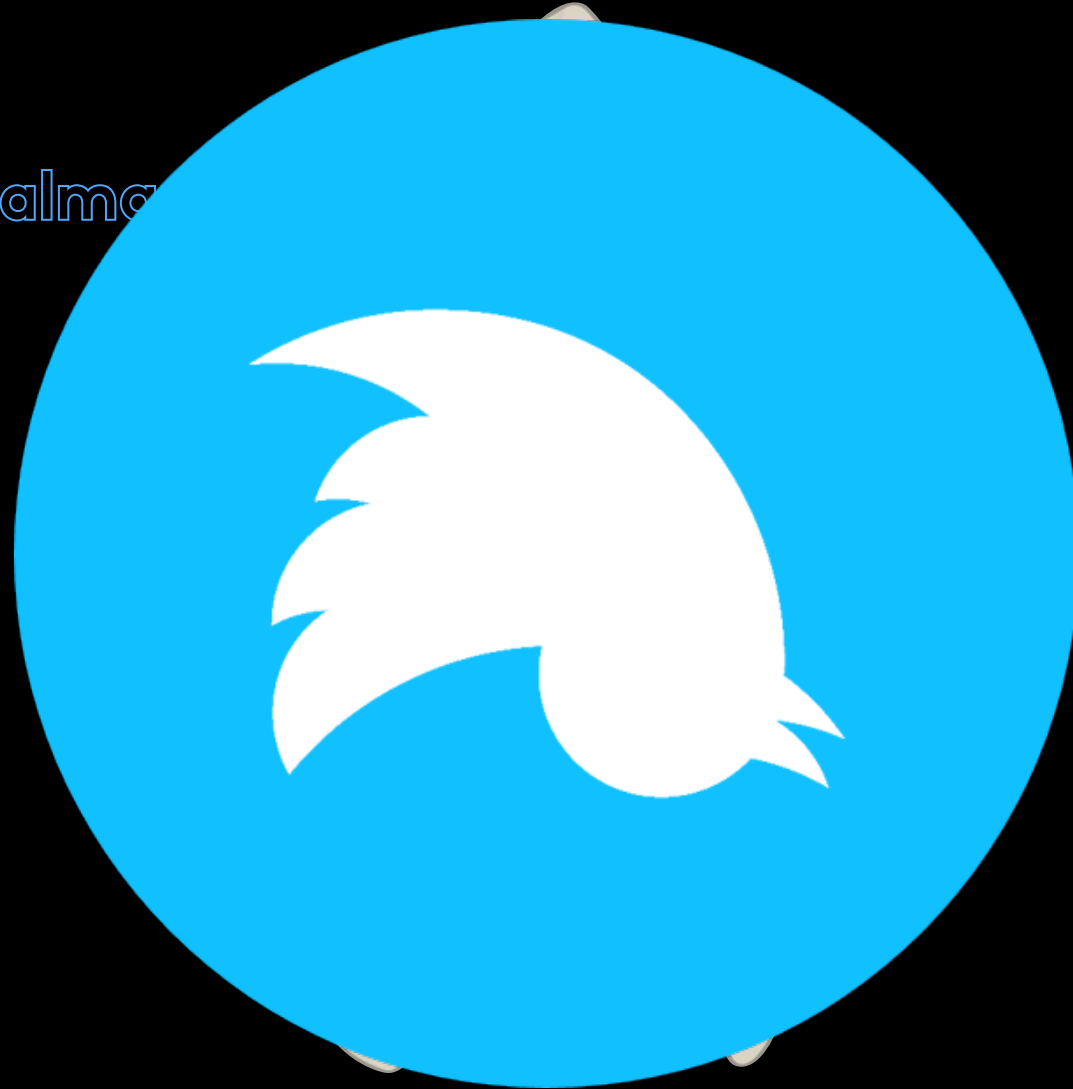
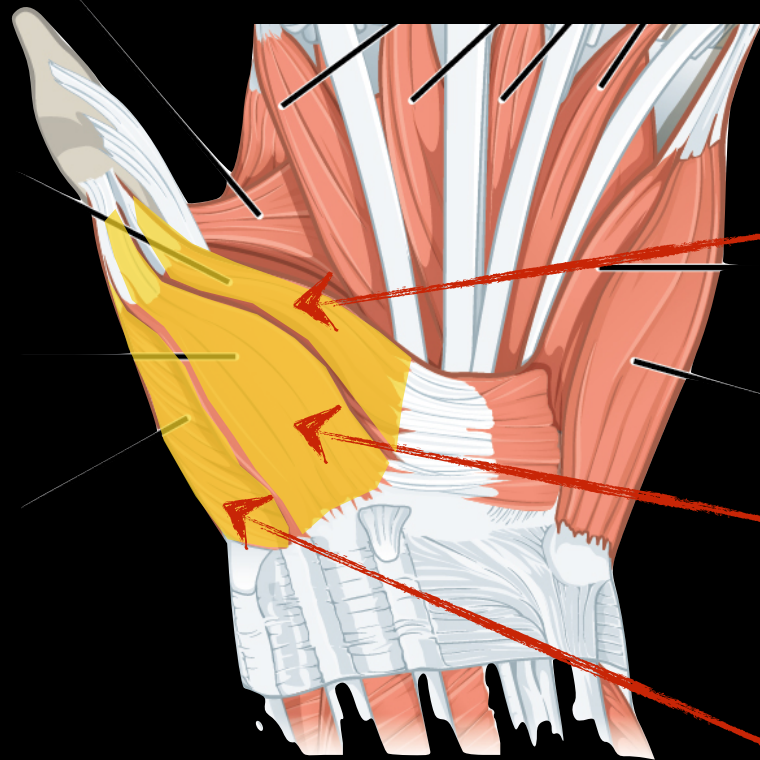


image credit: CFCF on wikimedia commons https://en.wikipedia.org/wiki/File:1121_Intrinsic_Muscles_of_the_Hand_Deep_LD.png

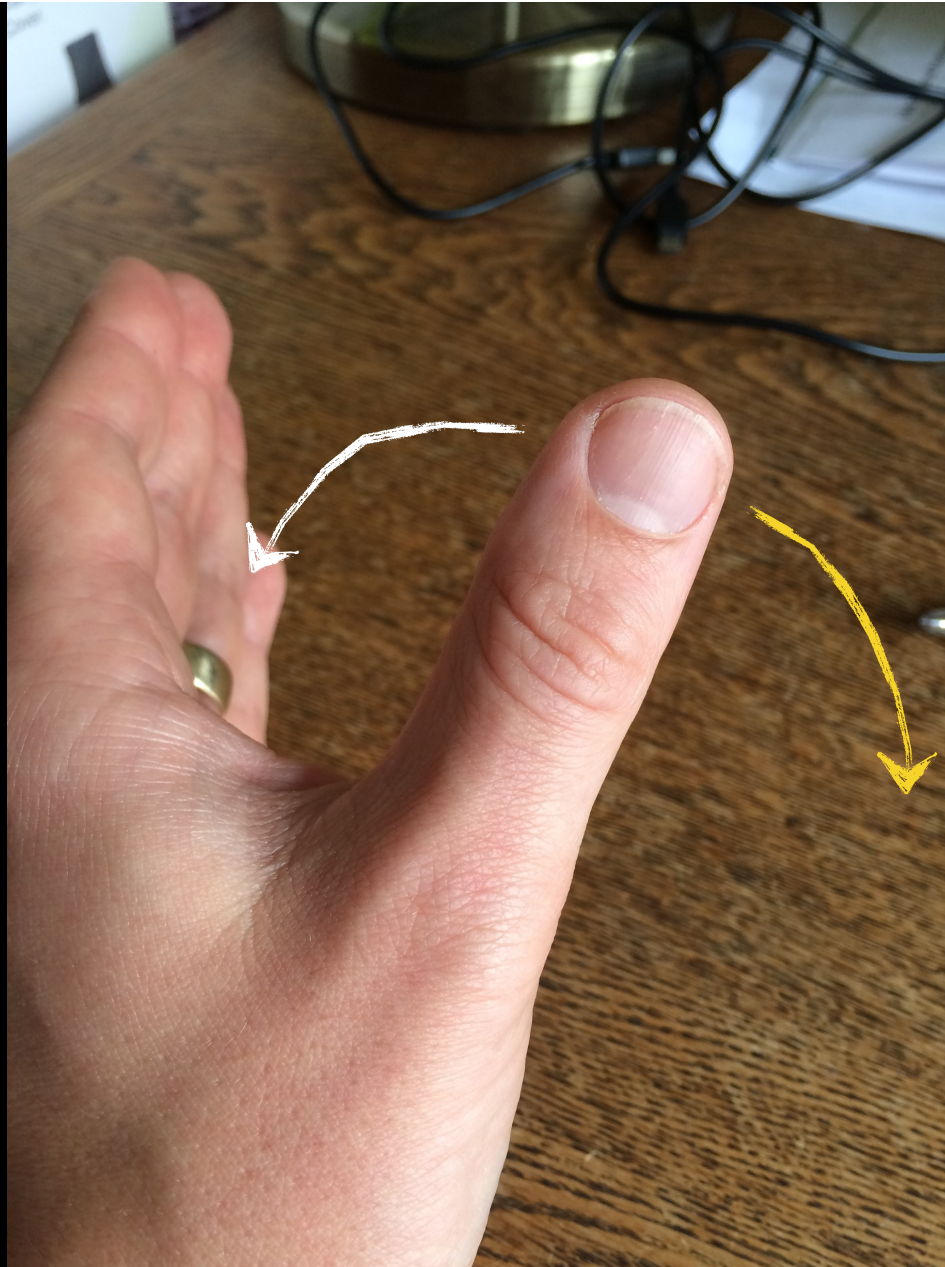


flexor pollicis brevis

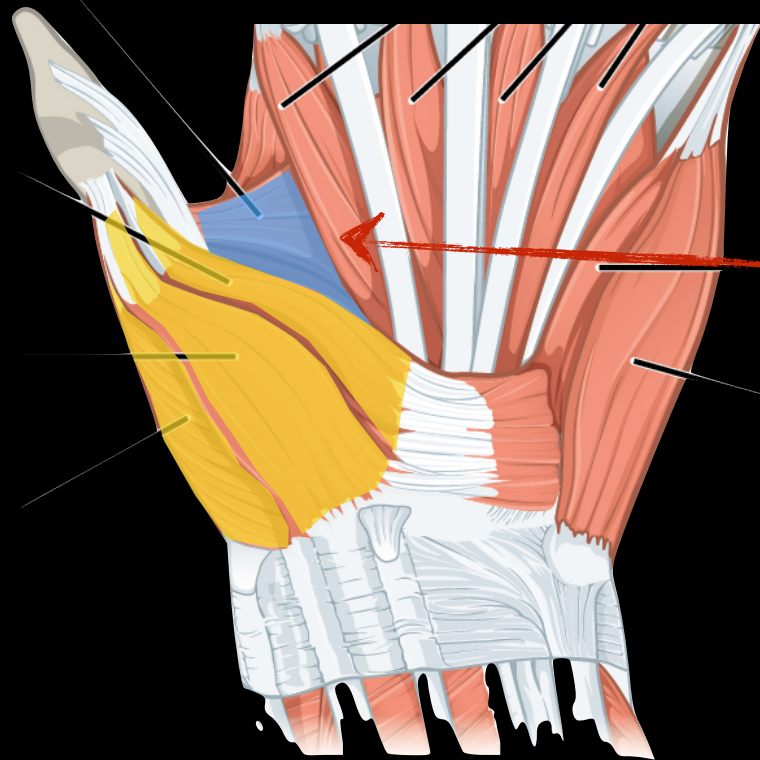
abductor pollicis brevis

opponens pollicis

adduction



abduction

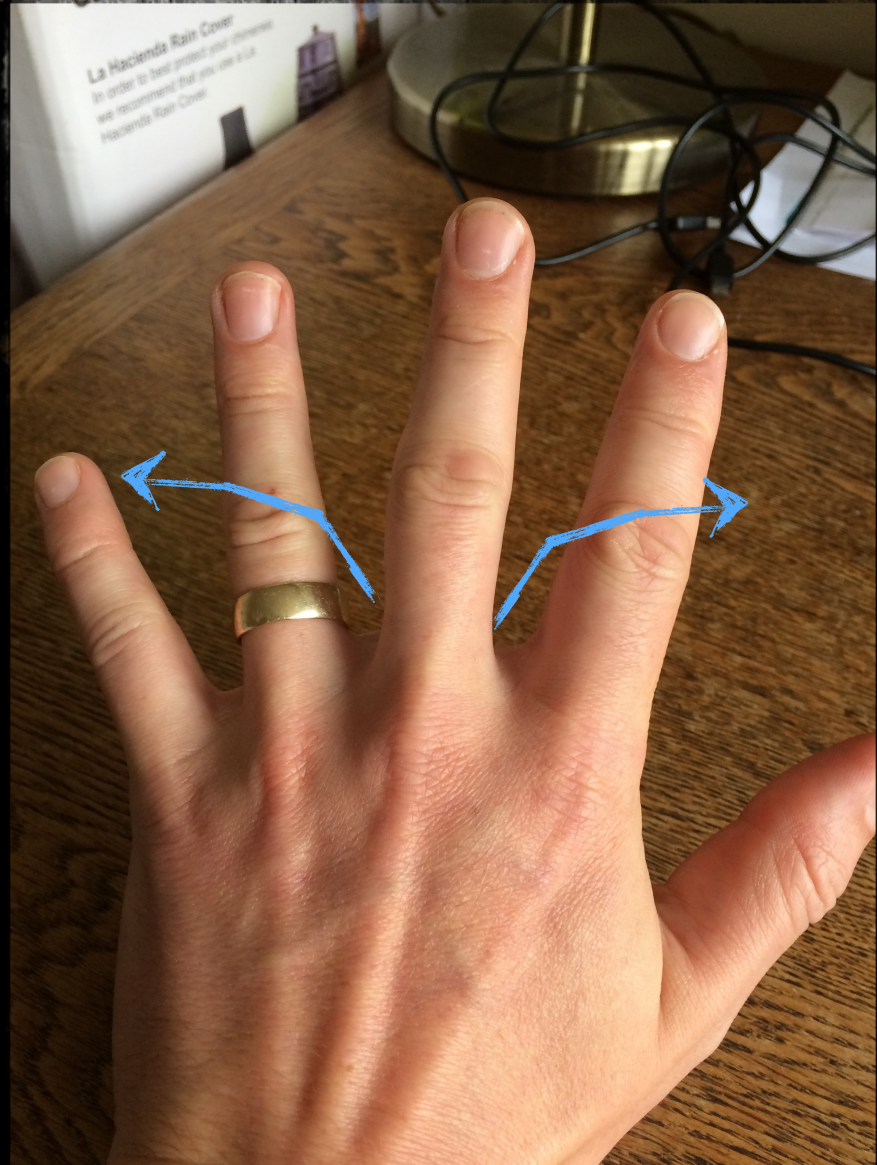


adductor pollicis

'PAD'



'DAB'



palmar interossei

dorsal interossei

'PAD'

'DAB'

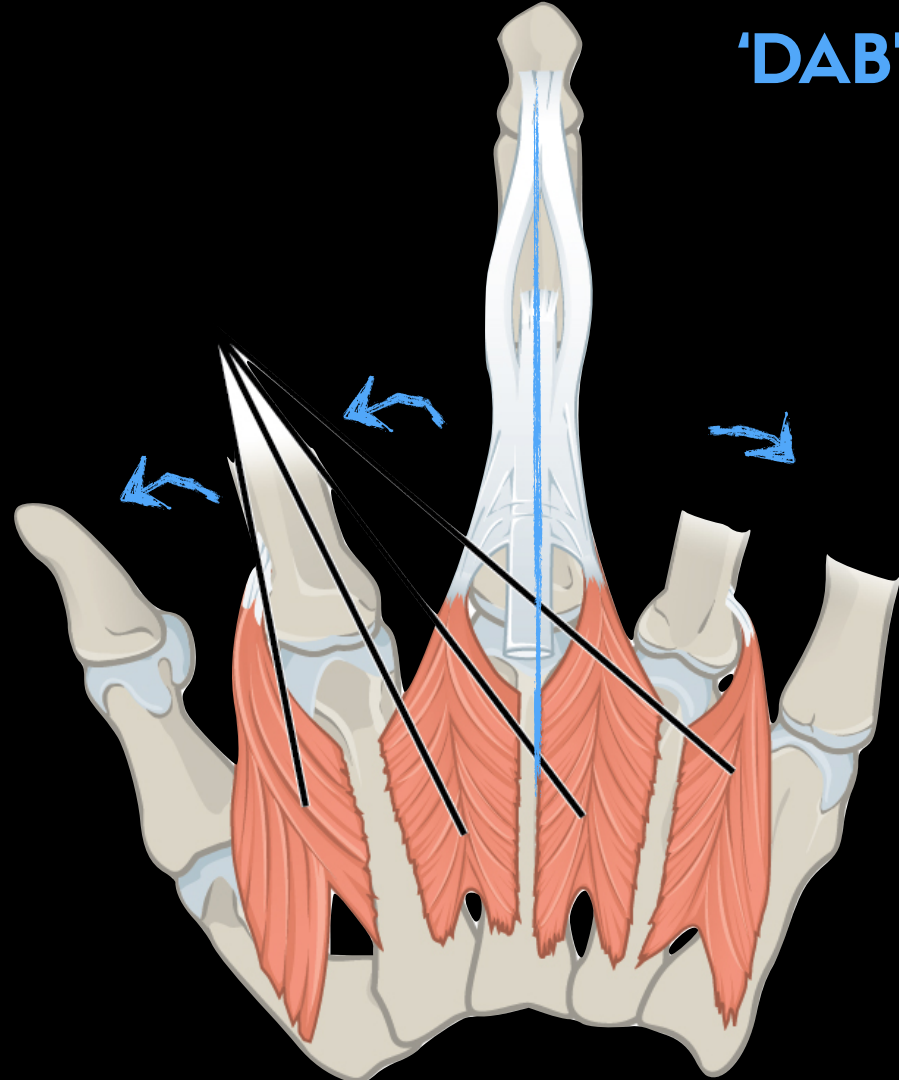
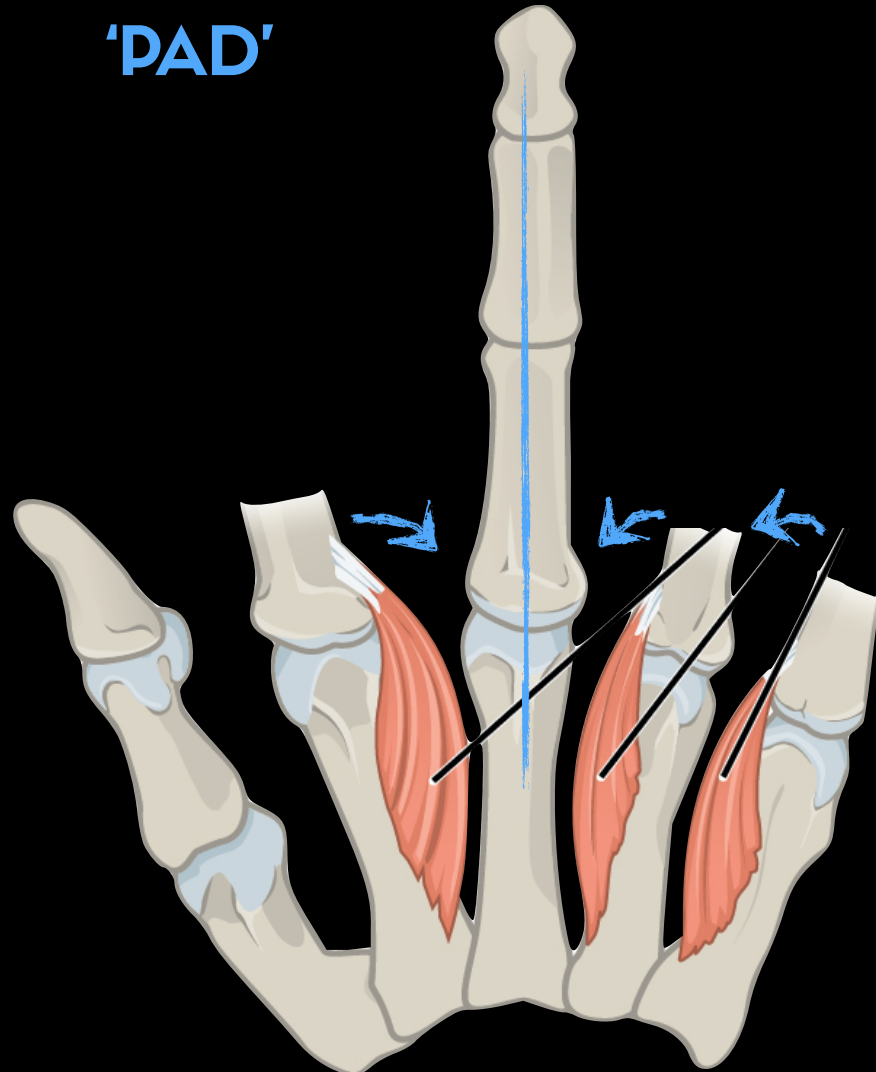
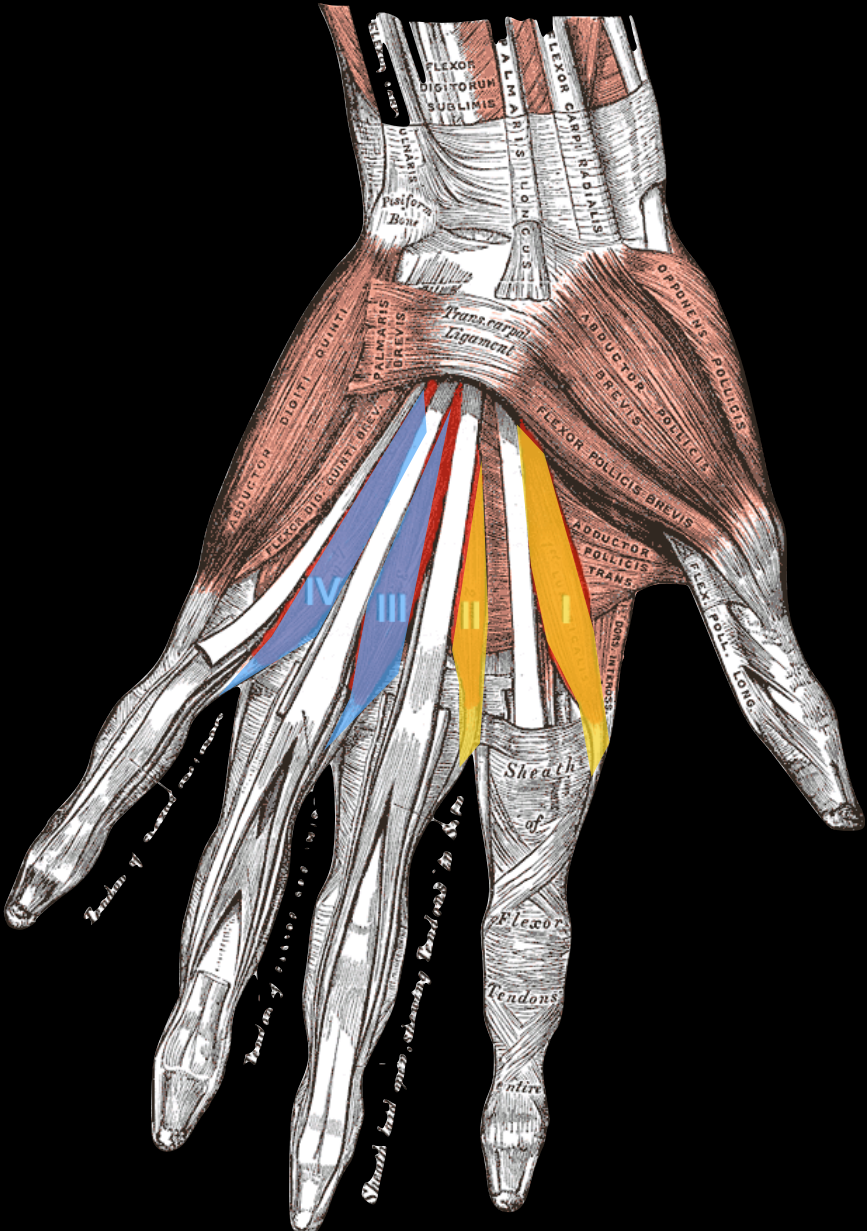


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lumbricals



lumbrical

