

Anatomy & Physiology: Muscles—Abductor Pollicis Longus.

STRUCTURE.

- Origin: posterior surface of middle of radius and ulna and interosseous membrane.
- Insertion: first metacarpal.

FUNCTION.

- One of four deep distal four group.
- Concentric action: abducts and extends thumb at carpometacarpal joint and abducts hand at wrist joint. Lesser: lateral rotation of thumb at CMC; radial deviation; wrist flexion; supination.
- Reverse mover action: abducts and extends thumb at carpometacarpal joint and abducts hand at wrist joint. Lesser: lateral rotation of thumb at CMC; radial deviation; wrist flexion; supination.
- Eccentric action: controls/restrains/slows thumb adduction, flexion, medial rotation at CMC; adduction, flexion, and lateral rotation of trapezium at CMC; wrist ulnar deviation and extension; pronation.
- Isometric action: stabilize first CMC, wrist, radioulnar joints.
- Innervation: deep radial nerve.
- Arterial supply: posterior interosseus artery, perforating branches of anterior interosseus artery.

CLINICAL SIGNIFICANCE.

References

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