

Anatomy & Physiology: Muscles—Dorsal Interossei.

STRUCTURE.

- Origin: adjacent sides of metacarpals.
- Insertion: proximal phalanx of each finger.

FUNCTION.

- Concentric action: abduct fingers 2-4 at metacarpophalangeal joints; flex fingers 2-4 at metacarpophalangeal joints; and extends fingers at interphalangeal joints.
- Reverse mover action: abduct metacarpals of fingers 2-4; flex and adduct thumb at CMC; flex metacarpals of fingers 2-4 at MCP; extend proximal phalanges of fingers 2-4 at PIP and DIP.
- Eccentric action: controls/restrains/slows adduction, flexion and extension of fingers 2-4 at MCP.
- Isometric action: stabilize CMC of thumb, and MCP and IP for fingers 2-4.
- Innervation: ulnar nerve.
- Arterial supply: branches of radial and ulnar arteries.

CLINICAL SIGNIFICANCE.

References

Biel, A. (2015). *Trail guide to the body: A hands-on guide to locating muscles, bones and more.*

Cedars-Sinai. (2018). Vertebrae of the spine. Retrieved from <https://www.cedars-sinai.org/health-library/diseases-and-conditions/v/vertebrae-of-the-spine.html>

Clark, M., Lucett, S., Sutton, B. G., & National Academy of Sports Medicine. (2014). *NASM essentials of corrective exercise training.* Burlington, MA: Jones & Bartlett Learning.

Jenkins, G., & Tortora, G. J. (2012). *Anatomy and Physiology: From Science to Life, 3rd Edition International Stu.* John Wiley & Sons.

Muscolino, J. E. (2017). *The muscular system manual: The skeletal muscles of the human body.*