

Anatomy & Physiology: Muscles—Extensor Indicis.

STRUCTURE.

- Origin: posterior surface of ulna.
- Insertion: tendon of extensor digitorum of index finger.

FUNCTION.

- One of the deep distal four group.
- Concentric action: extends distal and middle phalanges of index finger at interphalangeal joints, proximal phalanx of index finger at metacarpophalangeal joint and hand at wrist joint. Lesser: adduction index finger at MCP; supination.
- Reverse mover action: extension of 2nd metacarpal at MCP; extension of proximal phalanx at PIP; middle phalanx extension at DIP.
- Eccentric action: controls/restrains/slows index finger flexion at MCP, DIP, PIP; wrist flexion; abduction of index finger; pronation.
- Isometric action: stabilize MCP, DIP, PIP of index finger; wrist; radioulnar joints.
- Innervation: deep radial nerve.
- Arterial supply: posterior interosseus artery; perforating branches of anterior interosseus artery.

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.*