

## Anatomy & Physiology: Muscles—Extensor Pollicis Longus.

### STRUCTURE.

- Origin: posterior surface of middle of ulna and interosseous membrane.
- Insertion: base of distal phalanx of thumb.

### FUNCTION.

- One of the deep distal four group.
- Concentric action: extends distal phalanx of thumb at interphalangeal joint, first metacarpal of thumb at carpometacarpal joint, and abducts hand at wrist joint. Lesser: lateral rotation of thumb at CMC; wrist extension; radial deviation; supination; adduction of thumb at CMC.
- Reverse mover action: extend trapezium at CMC; extend 1st metacarpal at MCP; extend proximal phalanx at IP joint; medial rotation of trapezium; wrist extension; radial deviation; supination; medial rotation at shoulder; trapezium adduction at CMC.
- Eccentric action: controls/restrains/slows flexion at CMC, MCP and IP of thumb; medial rotation of metacarpal and lateral rotation of trapezium at CMC; wrist flexion; ulnar deviation; pronation; abduction of CMC at thumb.
- Isometric action: stabilize CMC, MCP, IP; 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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