

Anatomy & Physiology: Muscles—Flexor Carpi Ulnaris.

STRUCTURE.

- Origin: medial epicondyle of humerus and superior posterior border of ulna.
- Insertion: pisiform, hamate, and base of fifth metacarpal.

FUNCTION.

- Concentric action: flexes and adducts hand (ulnar deviation) at wrist. Lesser: elbow flexion.
- Reverse mover action: flexion and deviations at wrist joint; elbow flexion.
- Eccentric action: controls/restrains/slows wrist extension and radial deviation, elbow extension.
- Isometric action: stabilize wrist and elbow.
- Innervation: ulnar nerve.
- Arterial supply: ulnar artery.

CLINICAL SIGNIFICANCE.

References

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