

Anatomy & Physiology: Muscles—Palmaris Longus.

STRUCTURE.

- Origin: medial epicondyle of humerus.
- Insertion: flexor retinaculum and palmar aponeurosis (fascia in center of palm).

FUNCTION.

- Concentric action: weakly flexes hand at wrist joint. Lesser: wrinkles skin of palm; elbow flexion; pronation; radial deviation of hand; ulnar deviation of hand.
- Reverse mover action: forearm flexion at wrist; elbow flexion; pronation; radial and ulnar deviation at wrist.
- Eccentric action: controls/restrains/slows wrist extension, wrist ulnar and radial deviation, elbow extension, supination.
- Isometric action: stabilize wrist and elbow joints.
- Innervation: median nerve.
- Arterial supply: ulnar artery.

CLINICAL SIGNIFICANCE.

References

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