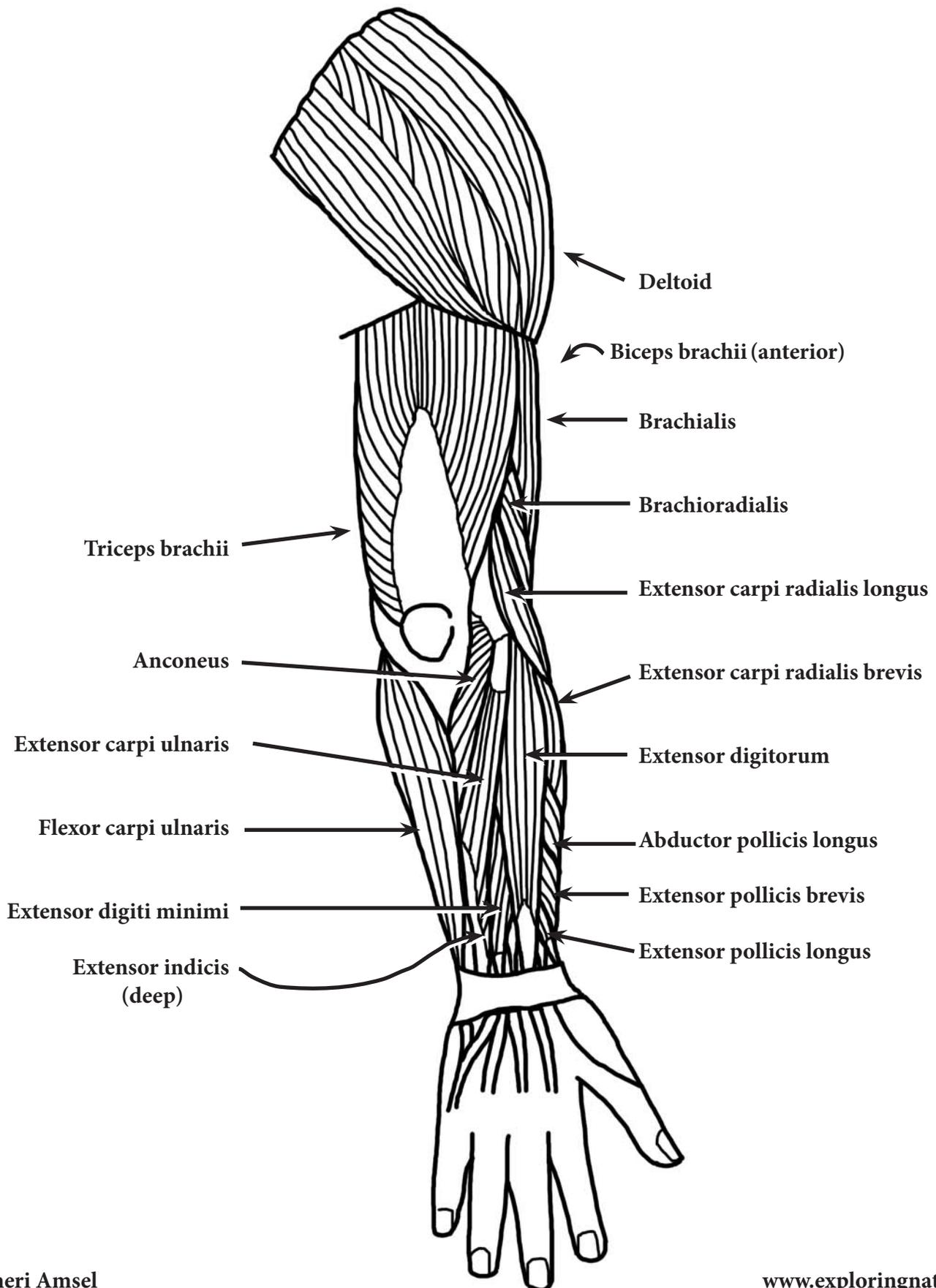


# Muscles of the Posterior Arm and Forearm



## Muscles that Cross the Elbow (Moving the Forearm) (Posterior View)

1) **Deltoid** (Visible, but not part of this group as it moves arm from the shoulder only)

2) **Triceps brachii**

a. **Actions:** forearm extender, some adduction of arm

b. **Innervation:** Radial nerve

c. **Origin:** from posterior humerus and infraglenoid tubercle of the scapula

d. **Insertion:** to olecranon process of the ulna

3) **Anconeus**

a. **Actions:** abducts the ulna when the arm is pronating  
(rotating forearm medially),  
helps triceps brachii extend forearm

b. **Innervation:** Radial nerve

c. **Origin:** from lateral epicondyle of the humerus

d. **Insertion:** to lateral olecranon process of ulna

## Muscles that Cross the Elbow (Moving the Forearm) (Anterior – but viewed from the back)

4) **Biceps brachii** (NOT seen from the posterior)

a. **Actions:** flexes and supinates forearm (supinate rotates forearm laterally) –  
these act together for pulling tissue from tissue box, also a minor arm flexor

b. **Innervation:** Musculocutaneous nerve

c. **Origin:** from coracoid process and supraglenoid tubercle on scapula

d. **Insertion:** through intertubercular groove of humerus to  
insert on radial tuberosity

5) **Brachialis**

a. **Actions:** flexes forearm

b. **Innervation:** Musculocutaneous nerve

c. **Origin:** from anterior distal humerus

d. **Insertion:** to coronoid process of the ulna

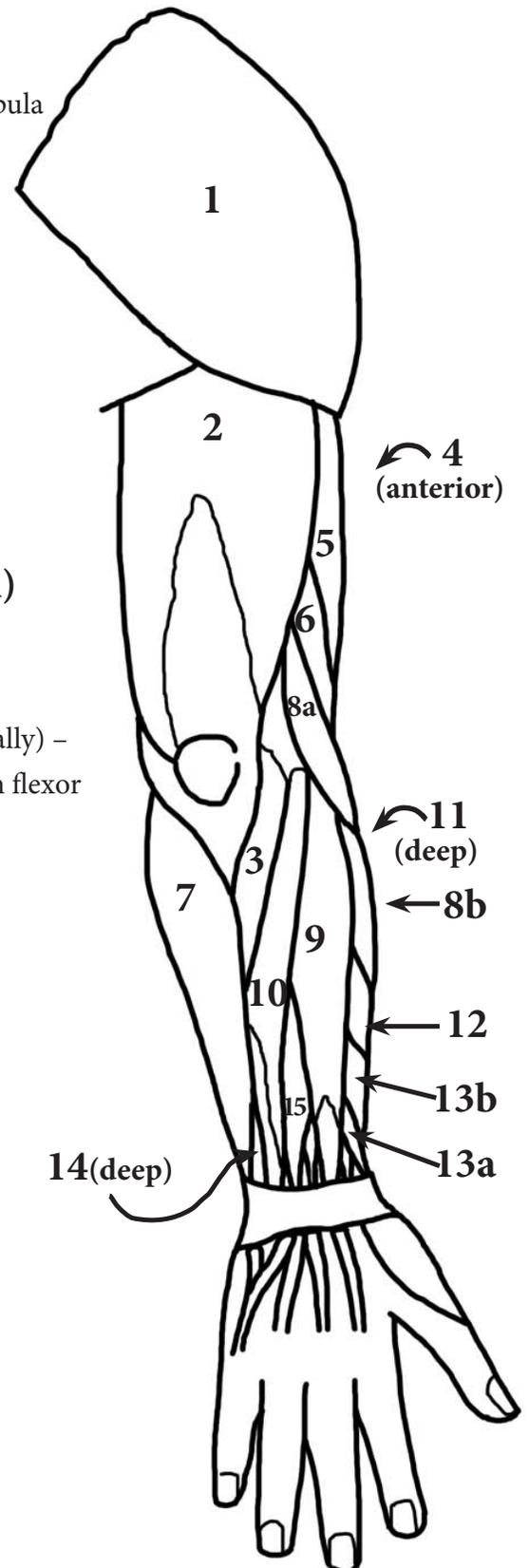
6) **Brachioradialis**

a. **Actions:** flexes forearm (though doesn't initiate flexion)

b. **Innervation:** Radial nerve

c. **Origin:** from distal humerus

d. **Insertion:** to styloid process of the radius



## Muscles of the Forearm (Moving Wrist, Hand and Fingers) (Posterior Compartment – Extensors)

### I. Superficial Muscles

#### 7) Flexor carpi ulnaris

- a. **Actions:** flexes wrist, adducts hand
- b. **Innervation:** Ulnar nerve
- c. **Origin:** from medial epicondyle of the humerus and olecranon process of ulna
- d. **Insertion:** to the base of the 5th metacarpal and pisiform bone (carpal).

#### 8a) Extensor carpi radialis longus

- a. **Actions:** extends wrist, abducts wrist
- b. **Innervation:** Radial nerve
- c. **Origin:** from lateral supracondylar ridge of the humerus
- d. **Insertion:** to the base of the 2nd metacarpal

#### 8b) Extensor carpi radialis brevis

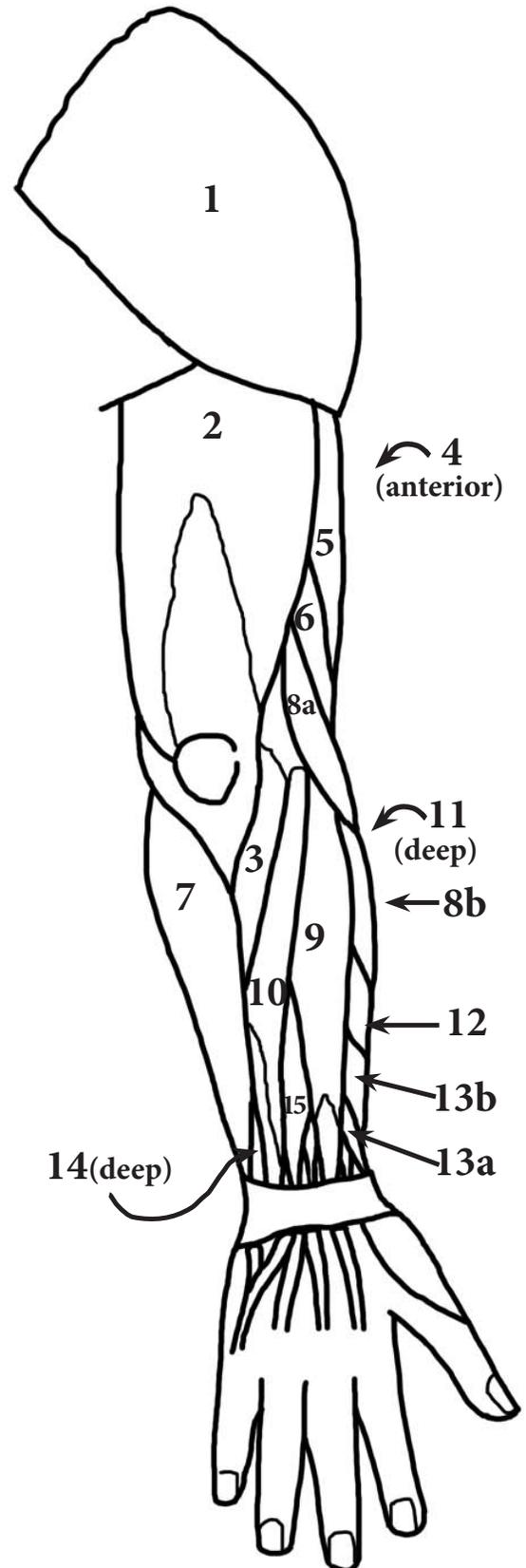
- a. **Actions:** extends wrist, abducts wrist  
(together with Extensor carpi radialis longus, it steadies the wrist when fingers are flexed)
- b. **Innervation:** Radial nerve branch
- c. **Origin:** from lateral epicondyle of the humerus
- d. **Insertion:** to the base of the 3rd metacarpal

#### 9) Extensor digitorum

- a. **Actions:** extends wrist and fingers, abducts fingers (flares)
- b. **Innervation:** Radial nerve branch
- c. **Origin:** from lateral epicondyle of the humerus
- d. **Insertion:** into four tendons of distal phalanges of fingers 2-5

#### 10) Extensor carpi ulnaris

- a. **Actions:** extends wrist, adducts wrist
- b. **Innervation:** Radial nerve branch
- c. **Origin:** from lateral epicondyle of humerus and posterior ulna
- d. **Insertion:** to the base of the 5th metacarpal



## Muscles of the Forearm (Moving Wrist, Hand and Fingers) (Posterior Compartment – Extensors) Continued...

### II. Deep Muscles

#### 11) Supinator (NOT seen, deep to Extensor digitorum)

- a. **Actions:** assists biceps to supinate forearm (laterally rotate from elbow)
- b. **Innervation:** Radial nerve
- c. **Origin:** from lateral epicondyle of humerus and proximal ulna
- d. **Insertion:** to proximal radius

#### 12) Abductor pollicis longus

- a. **Actions:** abducts and extends thumb
- b. **Innervation:** Radial nerve branch
- c. **Origin:** from posterior radius and ulna
- d. **Insertion:** to base of 1st metacarpal

#### 13a) Extensor pollicis longus and brevis (13b)

- a. **Actions:** extends thumb
- b. **Innervation:** Radial nerve branch
- c. **Origin:** from posterior radius and ulna
- d. **Insertion:** to base of proximal and distal phalanx of thumb

#### 14) Extensor Indicis (NOT seen, deep)

- a. **Actions:** extends index finger
- b. **Innervation:** Radial nerve branch
- c. **Origin:** from posterior distal ulna
- d. **Insertion:** to extensor expansion of index finger  
(where it joins Extensor digitorum)

#### 15) Extensor digiti minimi

- a. **Actions:** extends pinky (5th digit)
- b. **Innervation:** Radial nerve branch
- c. **Origin:** from lateral epicondyle of humerus
- d. **Insertion:** to extensor expansion of pinky

