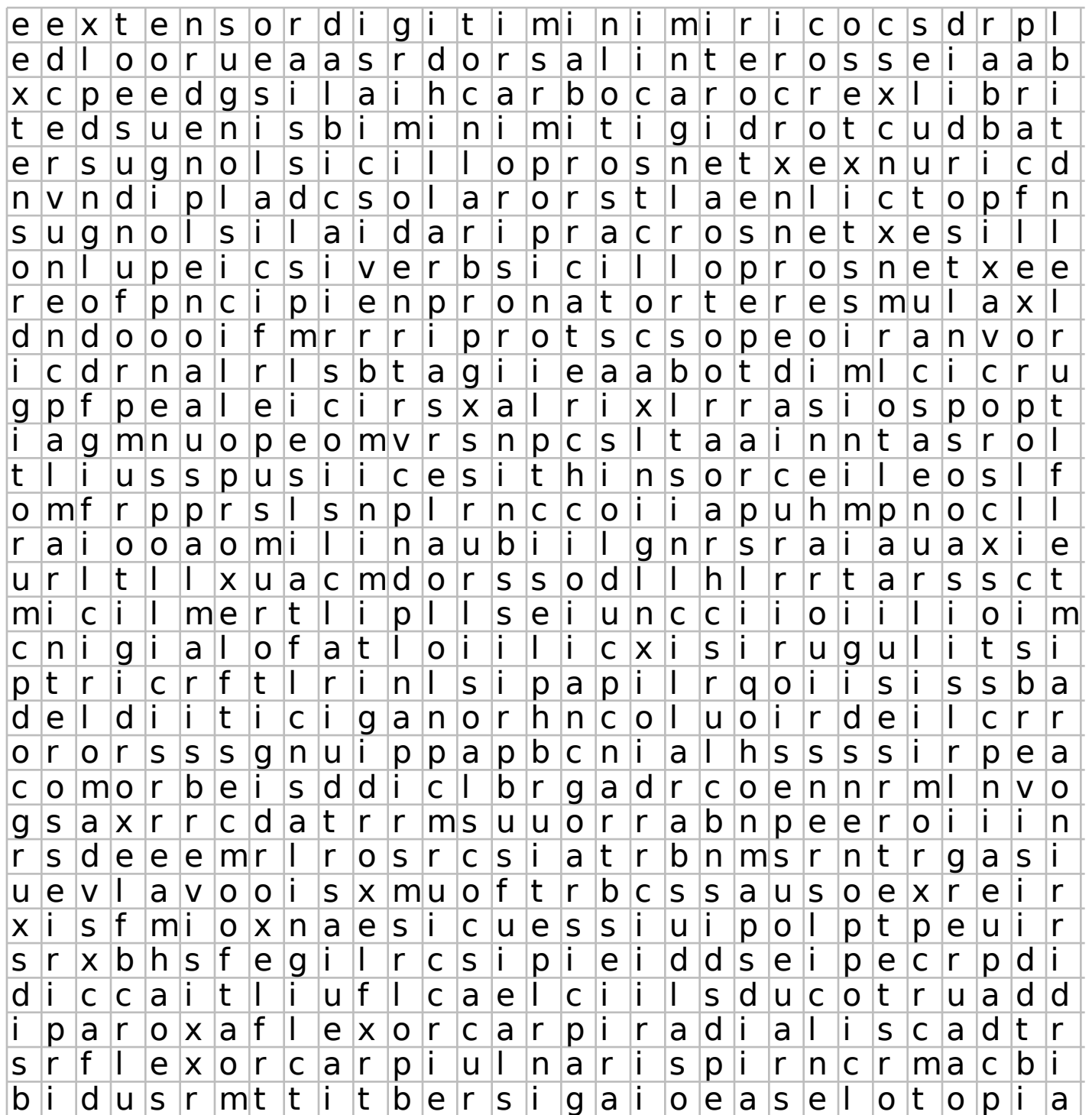


Arm & Hand Muscles

MassageNerd.com



Abductor digiti minimi
 Adductor pollicis
 Brachialis
 Dorsal interossei
 Extensor carpi ulnaris
 Extensor indicis
 Flexor carpi radialis
 Flexor digitorum profundus
 Flexor pollicis longus
 Opponens pollicis
 Palmaris longus
 Supinator

Abductor pollicis brevis
 Anconeus
 Brachioradialis
 Extensor carpi radialis brevis
 Extensor digiti minimi
 Extensor pollicis brevis
 Flexor carpi ulnaris
 Flexor digitorum superficialis
 Lumbricals
 Palmar interossei
 Pronator quadratus
 Triceps brachii

Abductor pollicis longus
 Biceps brachii
 Coracobrachialis
 Extensor carpi radialis longus
 Extensor digitorum
 Extensor pollicis longus
 Flexor digiti minimi brevis
 Flexor pollicis brevis
 Opponens digiti minimi
 Palmaris brevis
 Pronator teres