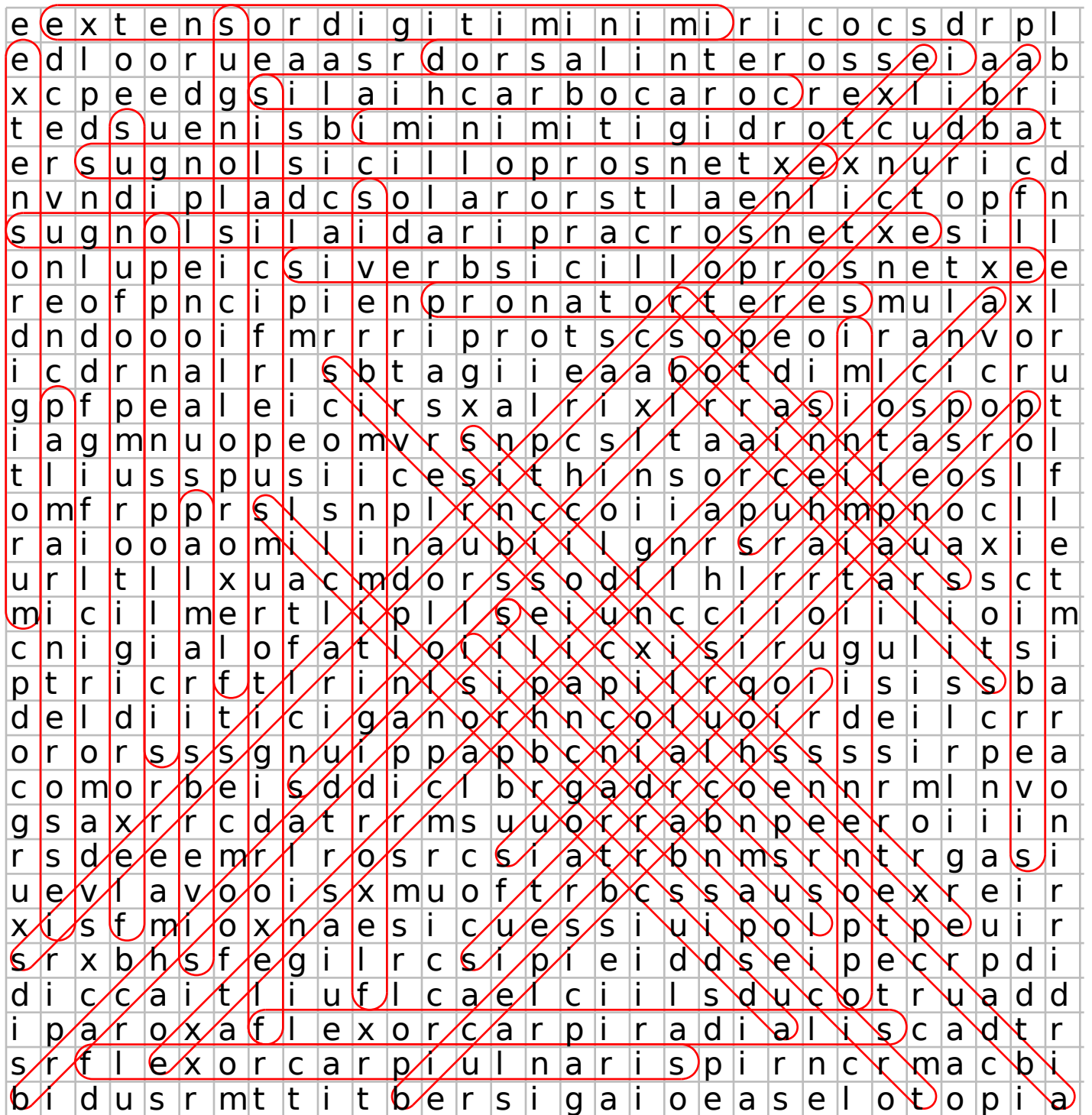


# Arm & Hand Muscles

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