Thenar and Hypothenar muscles

There are 3 Thenar muscles, 3 Hypothenar muscles, 1 Adductor muscle, 4 Lumbricals, 4 dorsal interossei and 3 palmar interossei.

Hypothear Muscles

In the HYPOTHENAR compartment

- Opponens Digiti Minimi
  - deep branch of ULNAR NERVE
  - originates from hook of hamate and the flexor retinaculum
  - inserts into the medial border of the 5th metacarpal
  - flexes the proximal phalanx of the 5th digit

- Flexor Digiti Minimi Brevis
  - deep branch of ULNAR NERVE
  - originates from hook of hamate and the flexor retinaculum
  - inserts into the medial side of the base of the 5th proximal phalanx
  - flexes the proximal phalanx of the 5th digit

- Abductor Digiti Minimi
  - deep branch of ULNAR NERVE
  - originates from pisiform
  - inserts into the medial surface of the base of the 5th proximal phalanx
  - Abducts the 5th digit and assists in its flexion
  - It is the most superficial of the three hypothenar muscles

There is also Palmaris Brevis; a useless little muscle which wrinkles the skin of the palm; it originates at the flexor retinaculum and inserts into the skin. The ulnar nerve innervates it.

IT IS NOT PART OF THE HYPOTHENAR COMPARTMENT

Thenar Muscles

In the ADDUCTOR compartment

- Adductor Pollicis
  - deep branch of the Ulnar nerve
    - TRANSVERSE HEAD originates from the anterior surface of the 3rd metacarpal
    - OBLIQUE HEAD originates from the bases of the 2nd and 3rd metacarpals, from the capitate bone, and from any carpals around the capitate.
    - Inserts into the lateral aspect of the base of the proximal phalanx of the thumb.
    - Adds the thumb towards the lateral border of the palm (presses it against the palm)

In the THENAR compartment

- Flexor Pollicis Brevis
  - deep branch of ULNAR NERVE
    - DEEP HEAD: deep branch of ULNAR NERVE
    - SUPERFICIAL HEAD: Recurrent branch of MEDIAN NERVE
      - originates from the flexor retinaculum and the scaphoid and trapzeium.
      - Inserts into the lateral aspect of the base of the proximal phalanx of the thumb.
    - Flexes the thumb: brings its tip towards the base of pinky

- Abductor Pollicis Brevis: Recurrent branch of MEDIAN NERVE
  - originates from the flexor retinaculum and the scaphoid and trapzeium.
  - Inserts into the lateral aspect of the base of the proximal phalanx of the thumb.
  - Abdacts and helps oppose the thumb

- Opponens Pollicis Brevis: Recurrent b. of MEDIAN NERVE
  - originates from the flexor retinaculum and the scaphoid and trapzeium; inserts into the lateral side of the 1st metacarpal.
  - Opposes the thumb: medially rotates and the pulls medially the 1st metacarpal. Acts exclusively at the MCP joint.