|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Muscles Acting on the Wrist and Hand

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| W | W | P | I | I | H | C | A | R | B | S | P | E | C | I | B | C | S | K | C | Q | E | P | T |
| O | W | Y | U | L | S | D | U | S | F | S | V | D | J | M | F | I | U | Q | E | X | S | A | Z |
| S | V | P | N | Q | S | U | R | C | Y | S | L | E | E | S | I | I | P | V | Y | K | I | N | P |
| O | H | C | O | F | I | H | I | D | E | L | T | O | I | D | B | H | R | U | M | S | L | R | C |
| A | A | Y | Y | W | R | C | R | S | D | G | G | D | N | R | M | C | A | V | U | G | A | J | E |
| S | A | Z | I | B | A | G | B | Q | M | N | U | K | A | J | W | A | S | I | R | J | I | P | X |
| Q | B | H | U | I | L | V | A | I | P | K | X | C | T | H | K | R | P | B | O | S | D | F | T |
| G | I | T | W | Z | U | J | A | K | Y | O | H | X | M | X | V | B | I | R | T | W | A | H | E |
| C | L | K | B | H | P | T | Z | Y | M | I | K | F | X | G | X | S | N | P | I | B | R | Q | N |
| R | U | L | M | P | A | W | C | M | A | K | U | V | R | M | F | P | A | W | G | R | I | U | S |
| G | F | S | N | I | C | A | D | L | Y | A | U | M | W | U | S | E | T | B | I | A | P | Q | O |
| N | G | U | Z | N | S | N | I | O | Y | R | D | T | A | G | R | C | U | L | D | C | R | Y | R |
| E | P | T | C | V | B | S | T | E | T | J | F | D | Q | R | A | I | S | K | R | H | A | I | C |
| W | B | A | Z | F | U | V | N | I | K | A | I | Z | T | U | J | R | R | Q | O | I | C | X | A |
| R | O | N | I | M | S | E | R | E | T | L | K | H | K | Y | X | T | Y | K | S | O | R | D | R |
| V | T | I | A | Q | U | S | E | R | E | T | R | O | T | A | N | O | R | P | N | R | O | X | P |
| A | B | P | P | E | C | T | O | R | A | L | I | S | M | A | J | O | R | T | E | A | X | S | I |
| L | Y | S | W | F | L | J | O | M | M | V | L | X | H | H | H | F | J | E | T | D | E | B | U |
| E | C | A | I | S | R | O | D | S | U | M | I | S | S | I | T | A | L | B | X | I | L | K | L |
| X | I | R | Z | I | X | H | A | D | T | T | P | K | X | I | F | U | V | U | E | A | F | S | N |
| J | Z | F | Z | K | U | H | F | F | C | T | P | I | Z | S | M | V | F | A | R | L | Y | Y | A |
| U | F | N | X | Z | F | L | D | R | W | I | J | L | Q | V | G | G | K | M | V | I | U | X | R |
| F | L | I | O | V | M | P | V | K | G | R | I | G | S | G | P | F | M | B | E | S | L | Y | I |
| M | X | C | F | L | E | X | O | R | C | A | R | P | I | U | L | N | A | R | I | S | B | A | S |

   Deltoid       Pectoralis Major       Latissimus Dorsi       Infraspinatus       Subscapularis       Supraspinatus       Teres Minor       Biceps Brachii       Triceps Brachii       Brachialis       Brachioradialis       Pronator Teres       Flexor Carpi Radialis       Flexor Carpi Ulnaris       Extensor Carpi Ulnaris       Extensor Digitorum