Muscles of the Forearm and Hand

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 1 |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 5 |  |  |  |  |  | 6 |  |  |  |  |
|  | 7 |  |  |  |  |  |  |  |  |  |  | 8 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 9 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 10 |  |  |  | 11 |  |  |
|  |  |  |  | 12 |  |  |  |  |  |  |  |  |  |  | 13 |  |  |  | 14 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 17 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 18 |  |  |  |  |  | 19 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 20 |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****2.** The \_ longus is a wrist flexor that attaches to medial epicondyle of humerus and palmar aponeurosis**4.** The flexor carpi \_ abducts the wrist (radiocarpal joint)**7.** Supinates the forearm**8.** The extensor \_ assists the digitorum in extending the index finger**13.** Abductor pollicis longus, extensor pollicis longus/ brevis, and flexor pollicis longus are considered long muscles of the \_**15.** Abductor digiti minimi, flexor digiti minimi brevis, and opponens digiti minimi make up the \_ group**16.** The extensor radialis \_ attaches to lateral humerus and SECOND metacarpal**17.** The flexor digitorum \_ attaches to medial epicondyle of humerus and sides of middle phalanges (2-5)**18.** The pronator \_ attaches to medial epicondyle of humerus and lateral radius**19.** Lumbricals of the hand, plamar interossei, and dorsal interossei make up the \_ group**20.** The flexor carpi \_ adducts the wrist (radiocarpal joint) | **Down****1.** The extensor carpi \_ attaches to lateral humerus and FIFTH metacarpal**3.** The flexor digitorum \_ attaches to anterior ulna and distal phalanges (2-5)**5.** Elbow flexor that attaches to lateral humerus and styloid process of radius**6.** The extensor \_ produces extension of the second through fifth fingers **9.** Strong elbow flexor that attaches to anterior humerus and coronoid process of ulna**10.** Abductor pollicis brevis, flexor pollicis brevis, opponens pollicis, and adductor pollicis make up the \_ group**11.** The pronator \_ attaches to distal ulna and distal radius**12.** Weak elbow extensor that attaches to lateral humerus and posterior ulna**14.** The extensor radialis \_ attaches to lateral humerus and THIRD metacarpal |