

<< Extensors >>

Superficial

A B C D E

LBUM
LBU Maa

ABCDEF LBUMaa

1 → Extensor Carpi Longus

2 → Extensor Carpi Brevis

3 → Extensor Carpi Ulnaris

4 → Extensor Digiti Minimi

5 → Extensor Digitorum

6 Anconeus

7 Brachiorabialis

1- Extensor Carpi Longus

2- Extensor Carpi Brevis

3- Extensor Carpi Ulnaris

4- Extensor Minimi

5- Extensor Digitorum

6- Anconeus

7- Brachiorabialis

Deep

SAB

Police

BULEjiPKaa

1 Supinator

2 Abductor Pollicis Longus

3 Extensor Indicis

4 Extensor Pollicis Brevis

5 Extensor Pollicis Longus

Start Abduction so the Police
Eibl Pag us

Highlighted comment

Shouq · 3 weeks ago

For the the deep if you're Indian you can use this
It helped me

Start abduction so the police Eibl pag us

(S)start = supinator

abduction = abductor

police = policies

Eibl = it can be a person name

E = Extensor

I = indicis

b = brevis

L = longus

(P)pag = policies

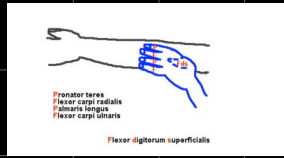
* watch the video and just replace it with this sentence it is the same but with different words

Thank so much for the video it really helped me 🍀🍀

👍 2 🗨️ 📄

<< Flexors >>

① Superficial:



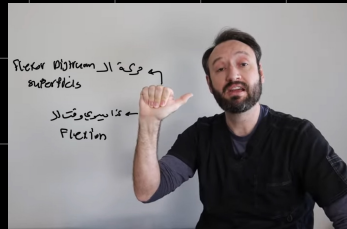
- Pronator teres

- Flexor Carpi Radialis → Middle Finger (Metacarpals) → base of 2nd

- Palmaris Longus

- Flexor Carpi Ulnaris → Pinky Finger → hook of hamate and 5th Metacarpals

② Intermediate: → الايام



- Flexor Digitorum Superficialis

↳ not that deep to reach the distal phalanges only the middle phalanges

③ Deep layers (Punching muscles): متوي على شفي يمين قبضته ن

- Flexor Digitorum Profundus (reach the distal phalanges)



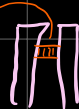
- Flexor Pollicis longus

(مسؤلة عن تحريك الايام الى الازاء) يساهمنا متوي عنده



- Pronator Quadratus

(لا ن تلف اليه)



Nerves:

All of the Median nerve Except:

① Flexor Carpi Ulnaris

② Half of Flexor Digitorum Profundus

<< Extensors >>

① Superficial Bear Lifting & Break Dancing muscles unless Arm tired
 Bear Lifting, Break Dancing Muscles Unless Atrophied

1 - Brachioradialis
 نفس مسكه اليه



O: supra lateral epicondyle

I: supra lateral epicondyle

2 - Extensor Carpi Radialis Longus → I: 2nd metacarpal

Help with lifting up to drink → رفع اليد

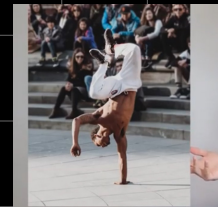
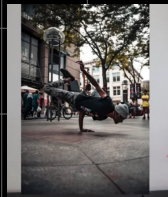
3 - Extensor Carpi Radialis Brevis (Lateral epicondyle) → يركب اليه

يسوي كما ان رقبه ريمو به در longus
 الفرق الاوجن دقه هين

4 - Extensor Digitorum

Extend the 4 Fingers and the wrist

↳ Help you make cool Dance moves



5 - Extensor Digiti minimi :

(Pinky finger) → مركبه

6 - Extensor carpi ulnaris → ارتباط بين

Flexor and Extensor Carpi ulnaris

↳ origin: base of 5th metacarpal

7 - Anconeous → Back of lateral epicondyle

② Deep layer

* one muscle scapula to the wrist

من مخرج الكتف
بعضه و يمتد
Pantoles الى
- supinator → two origin → Proximal

* one muscle for the index finger → من الكتف الى الاصبع

← Extensor Indialis → Extensor Indialis Finger

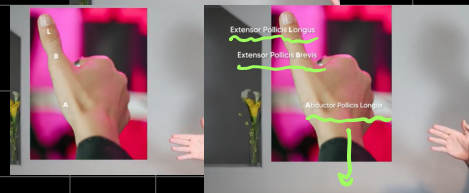
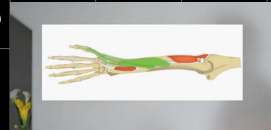
most distal

* three muscles for the thumb

- Extensor Pollicis Longus
- Extensor Pollicis Brevis
- Abductor Pollicis Longus



→ origin at the Ulna



→ Insertions

I: First metacarpal

10:06 / 10:15 · Extensor Pollicis Longus >

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