

Flexor carpi

Flexor carpi refers to a group of muscles in the forearm responsible for flexing the wrist. There are two main ones:

□ **Flexor Carpi Radialis** (FCR)

Origin: Medial epicondyle of the humerus

Insertion: Base of the 2nd and 3rd metacarpal bones

Action: Flexion and abduction (radial deviation) of the wrist

Innervation: Median nerve

□ **Flexor Carpi Ulnaris** (FCU)

Origin: Medial epicondyle of humerus & olecranon of ulna

Insertion: Pisiform, hook of hamate, base of 5th metacarpal

Action: Flexion and adduction (ulnar deviation) of the wrist

Innervation: Ulnar nerve

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Last update: **2025/05/09 20:17**

