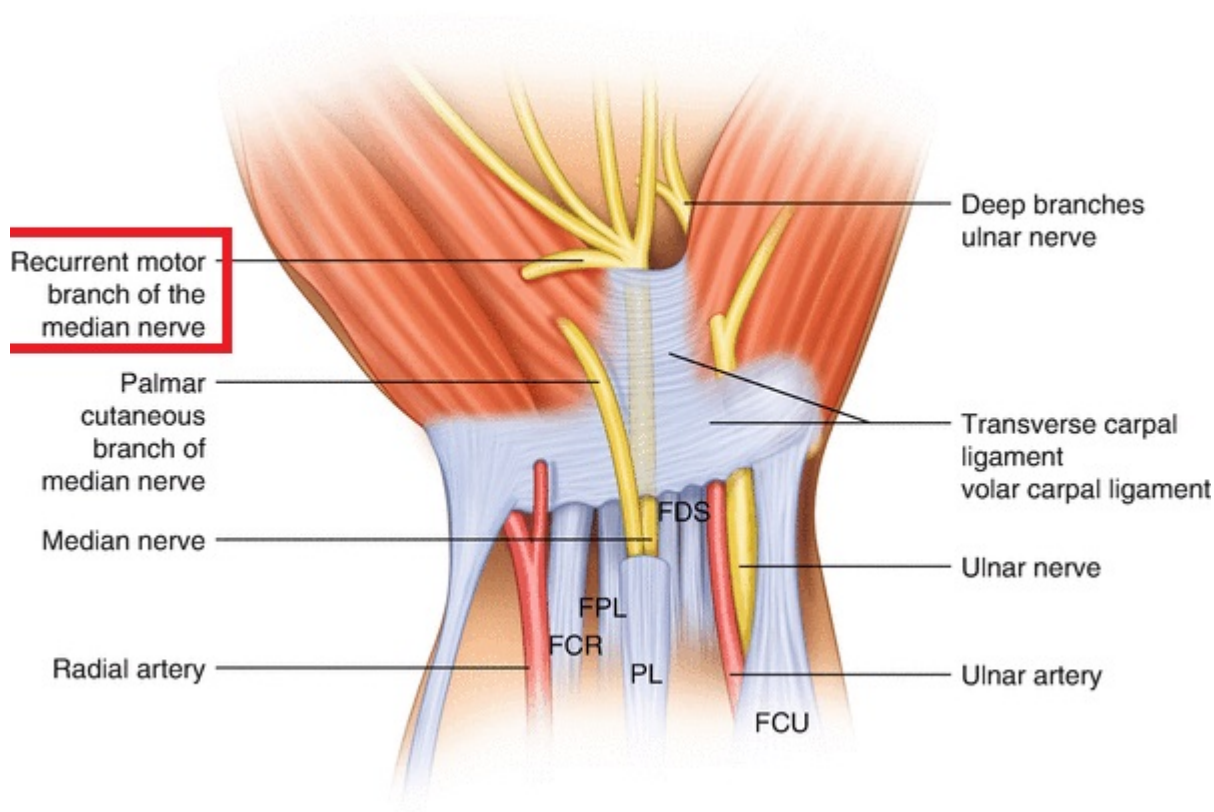


Flexor carpi radialis



The flexor carpi radialis is a muscle of the human forearm that acts to flex and (radial) abduct the hand.

Origin and insertion

This muscle originates on the medial epicondyle of the humerus. It runs just laterally of flexor digitorum superficialis and inserts on the anterior aspect of the base of the second metacarpal, and has small slips to both the third metacarpal and trapezial tuberosity.

On the anterior aspect of a person's forearm, proximal to the wrist, flexor carpi radialis is the most lateral (closest to the thumb) tendon visible when the wrist is brought into flexion.

Nerve and artery

As are most of the flexors of the hand, FCR is innervated by the median nerve. It gets its blood from the radial artery.

Exercises

The muscle, like all flexors of the forearm, can be strengthened by exercises that resist its flexion. A wrist roller can be used and wrist curls with dumbbells can also be performed.

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