

## **Comparison of Hand and Foot Intrinsic Muscles**

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<b>MUSCLE</b>	<b>HAND</b>	<b>FOOT</b>
Abductor 1st digit	1	1
Abductor 5th digit	1	1
Adductor 1st digit (obl./trans)	1	1
Short flexor 1st digit	1	1
Short flexor 5th digit	1	1
Lumbricals (4)	4	4
Dorsal Interossei (4)	4	4
Palmar Interossei (3)	3	3
Subtotal:	16	16
<b>Specific to hand:</b>		
opponens pollicis	1	0
opponens digiti minimi	1	0
<b>Specific to foot:</b>		
Quadratus plantae	0	1
Ext. Hallucis Brevis	0	1
Ext. Dig. Brevis	0	1
Flexor Dig. Brevis	0	1
<b>TOTAL:</b>	<b>18 myo's</b>	<b>20 myo's</b>

The large amount of intrinsic muscles in the foot signifies the need for control and monitoring of motion, two functions that intrinsic muscle activity affords.