

Comparison of Hand and Foot Intrinsic Muscles

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MUSCLE	HAND	FOOT
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
Specific to hand:		
opponens pollicis	1	0
opponens digiti minimi	1	0
Specific to foot:		
Quadratus plantae	0	1
Ext. Hallucis Brevis	0	1
Ext. Dig. Brevis	0	1
Flexor Dig. Brevis	0	1
TOTAL:	18 myo's	20 myo's

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.