

19.3 Muscles of Elbow–Finger Pain

■ Brachioradialis Muscle and Wrist Extensors

Brachioradialis Muscle

(Figs. 19.51, 19.52)

Origin

- Supracondylar crest of the humerus (upper two-thirds)
- Lateral intermuscular septum

Insertion

Styloid process of the radius

Action

- Flexion in the elbow joint
- Brings the forearm into medium position between supination and pronation

Innervation

Radial nerve (C5–C6)

Trigger Point Location

1–2 cm distal of the radius head on the radial side of the forearm approximately in the middle of the muscle belly

Referred Pain

- Back of the hand in the area between the saddle joint of the thumb and the basal joint of the index finger
- Lateral epicondyle
- Radial forearm

Associated Internal Organs

None

Extensor Carpi Radialis Longus Muscle (Fig. 19.53)

Origin

- Lateral supracondylar ridge of the humerus (distal third)
- Lateral intermuscular septum

Insertion

Base of the metacarpal bone II (stretch side)

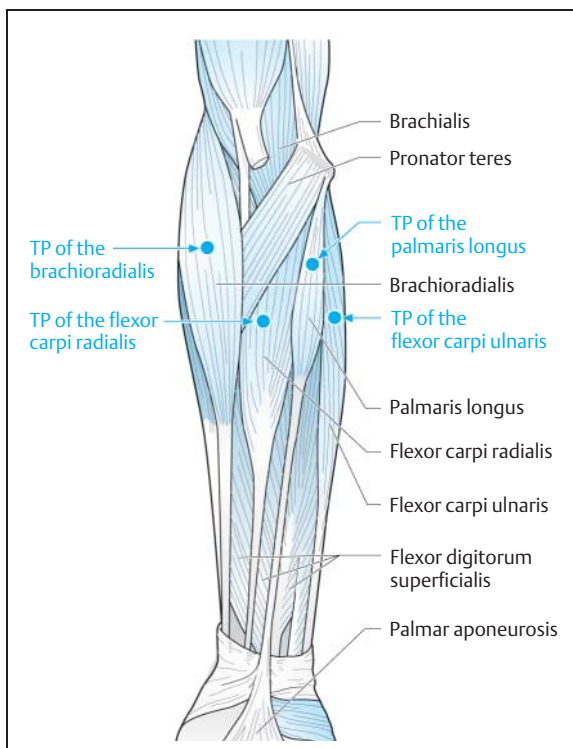


Fig. 19.51

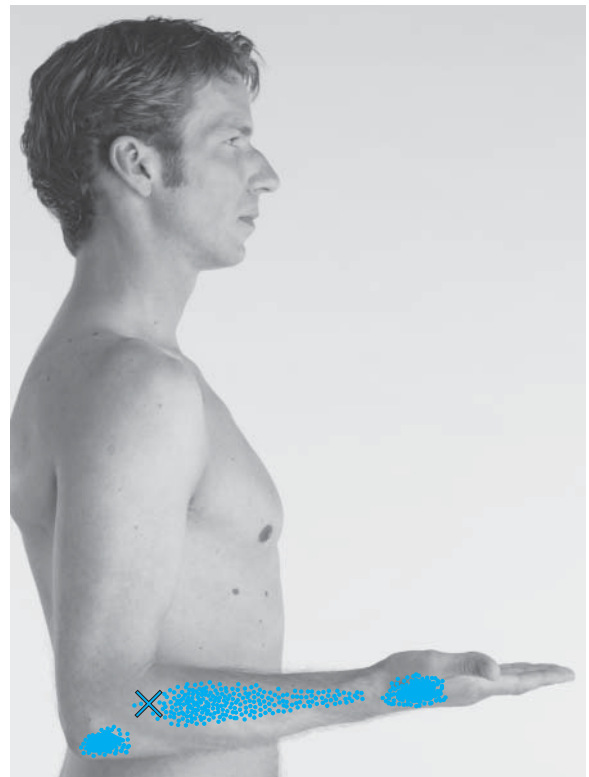


Fig. 19.52

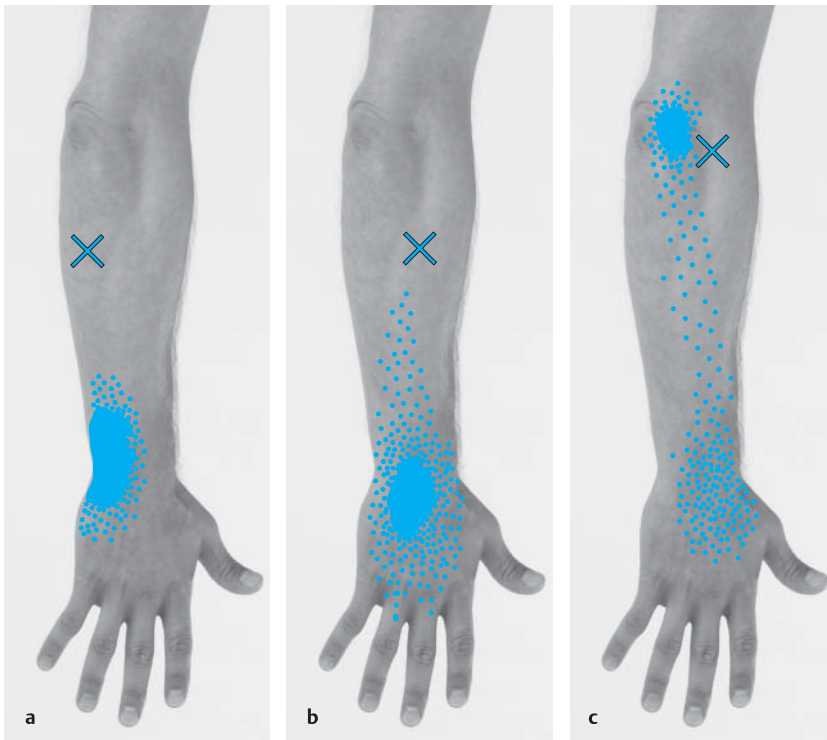


Fig. 19.53a–c

Action

Dorsal extension and radial abduction in the wrist

Innervation

Radial nerve (C6–C7)

Trigger Point Location

1–2 cm distal of the radius head, approximately at the height of the trigger point of the brachioradialis, but further ulnar

Referred Pain

- Lateral epicondyle
- Radial half of the wrist and back of the hand in the area of the metacarpal bones I–III

Associated Internal Organs

None

Extensor Carpi Radialis Brevis Muscle**Origin**

Lateral epicondyle of the humerus (front side)

Insertion

Base of the metacarpal bone II (stretch side)

Action

Dorsal extension and radial abduction in the wrist

Innervation

Radial nerve (C7–C8)

Trigger Point Location

Approximately 5–6 cm distal from the radius head (roughly in the middle of the muscle belly) (see Fig. 19.53)

Referred Pain

Central area of the wrist and back of the hand

Associated Internal Organs

None