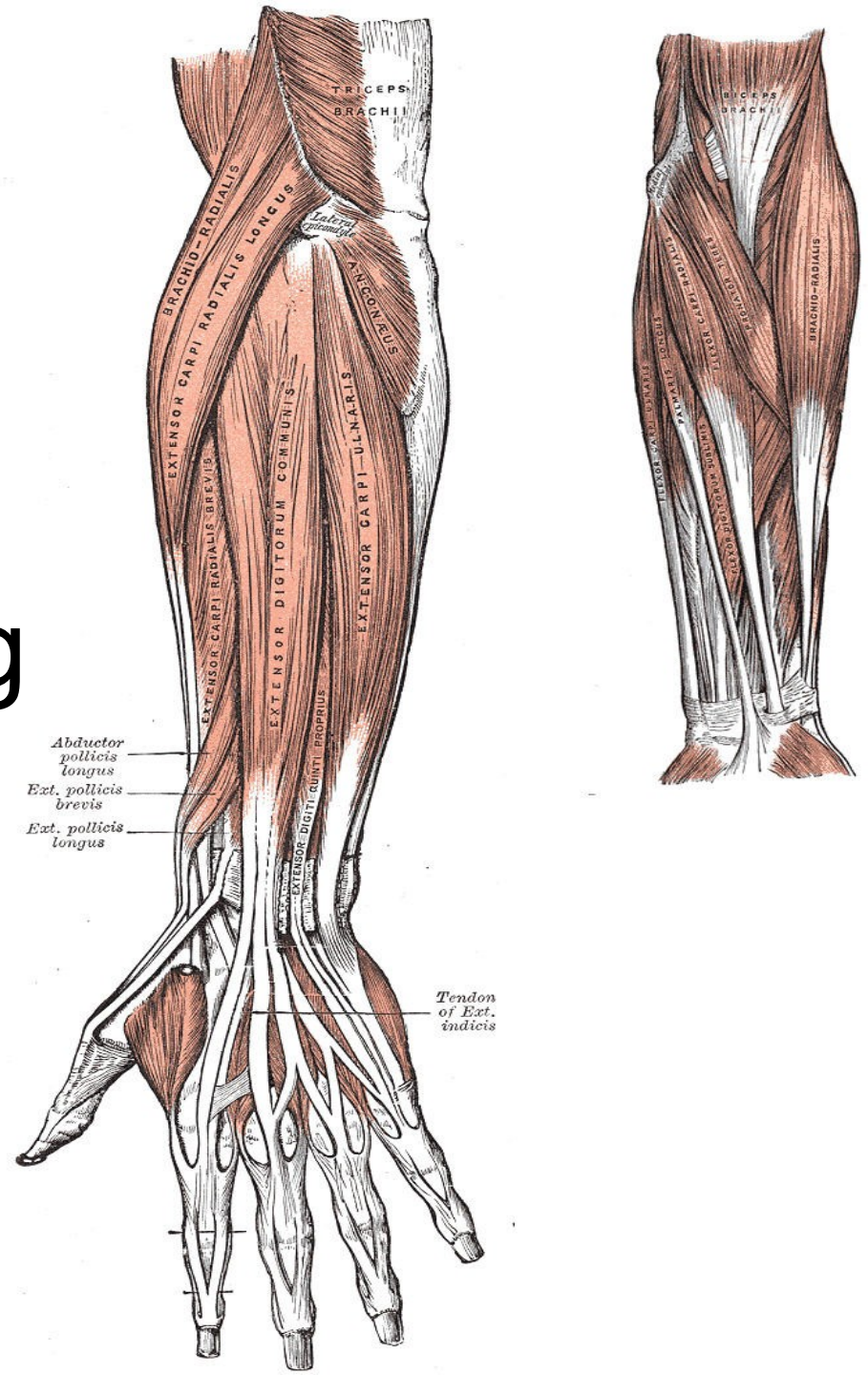


Vöðvar á framhandlegg

Bls: 98-113

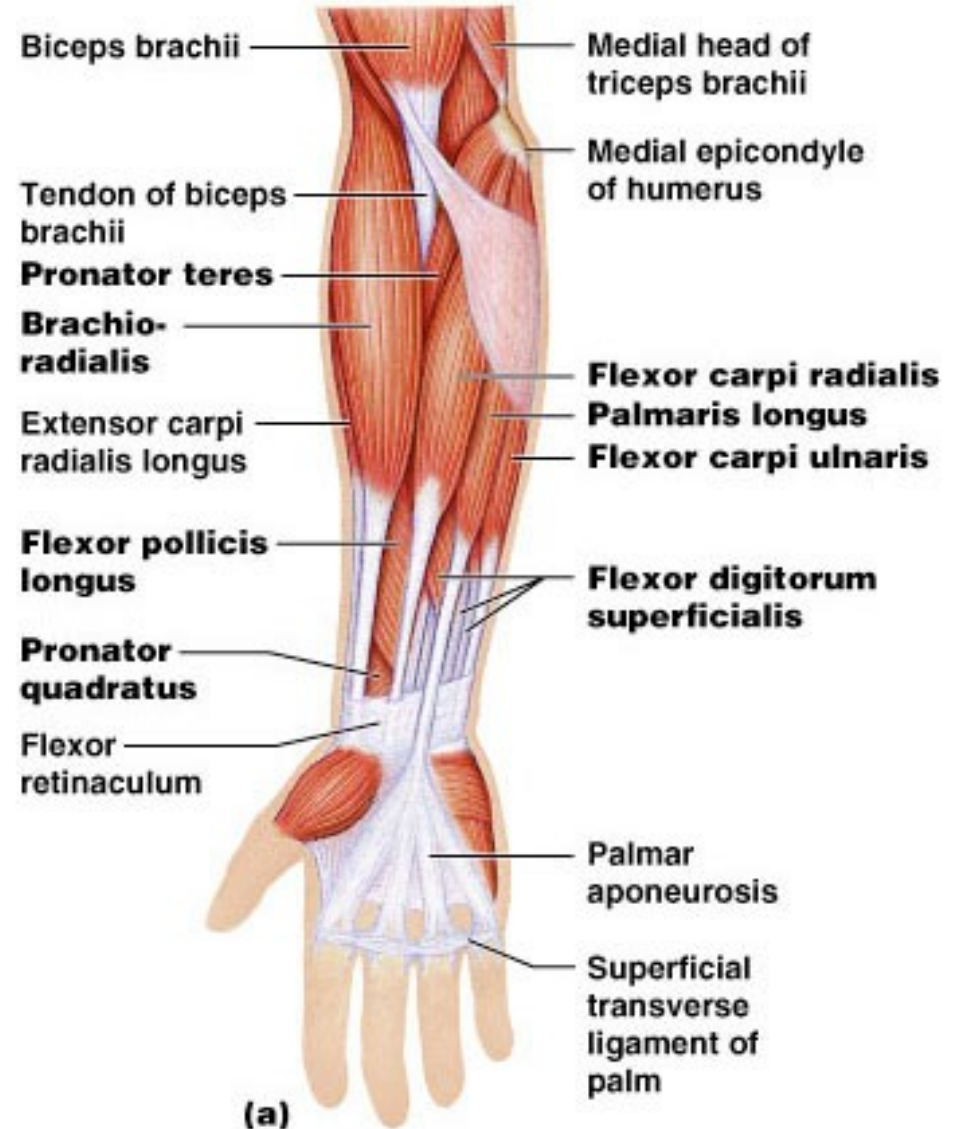


Vöðvar í framhandlegg

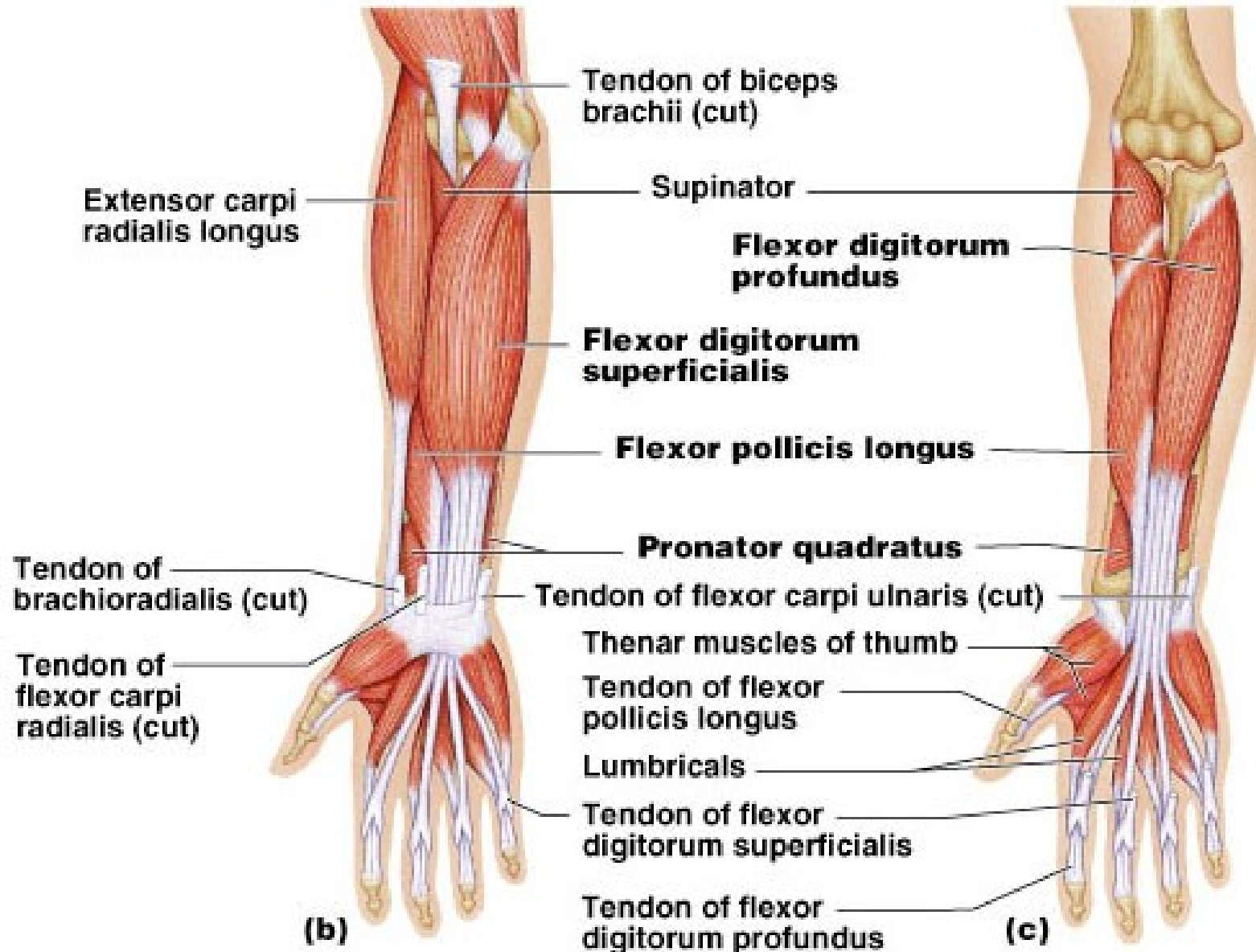
- Flestir vöðvar anterior (framan) á framhandlegg eru flexorar og vöðvar posterior (aftan) á framhandlegg eru extensorar
- Pronator teres og pronator quadratus eru ekki flexorar, heldur pronata framhandlegg (snúa lófa niður)
- Supinator er synergisti fyrir biceps brachii við að supinata lófanum (snúa lófa upp)

Vöðvar í anterior (framanverðum) framhandlegg

- Þessir vöðvar eru flexorar úlnliðs og fingra

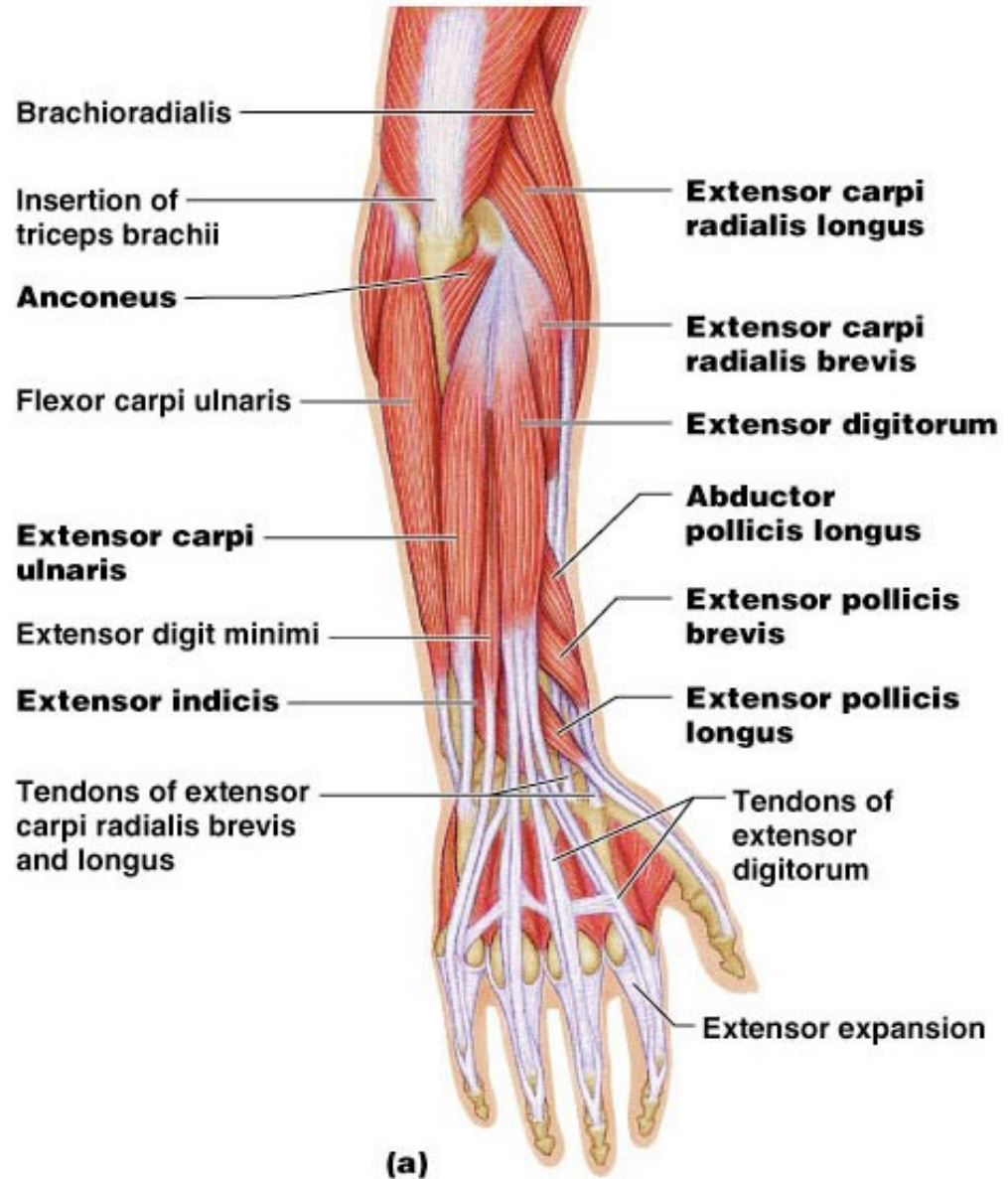


Vöðvar í anterior (framanverðum) framhandlegg



Vöðvar í posterior (aftanverðum) framhandlegg

- Þessir vöðvar eru aðallega extensorar úlnliðs og fingra



Vöðvar í posterior (aftanverðum) framhandlegg: dýpri vöðvar

- Þessir vöðvar eru aðallega extensorar úlnliðs og fingra

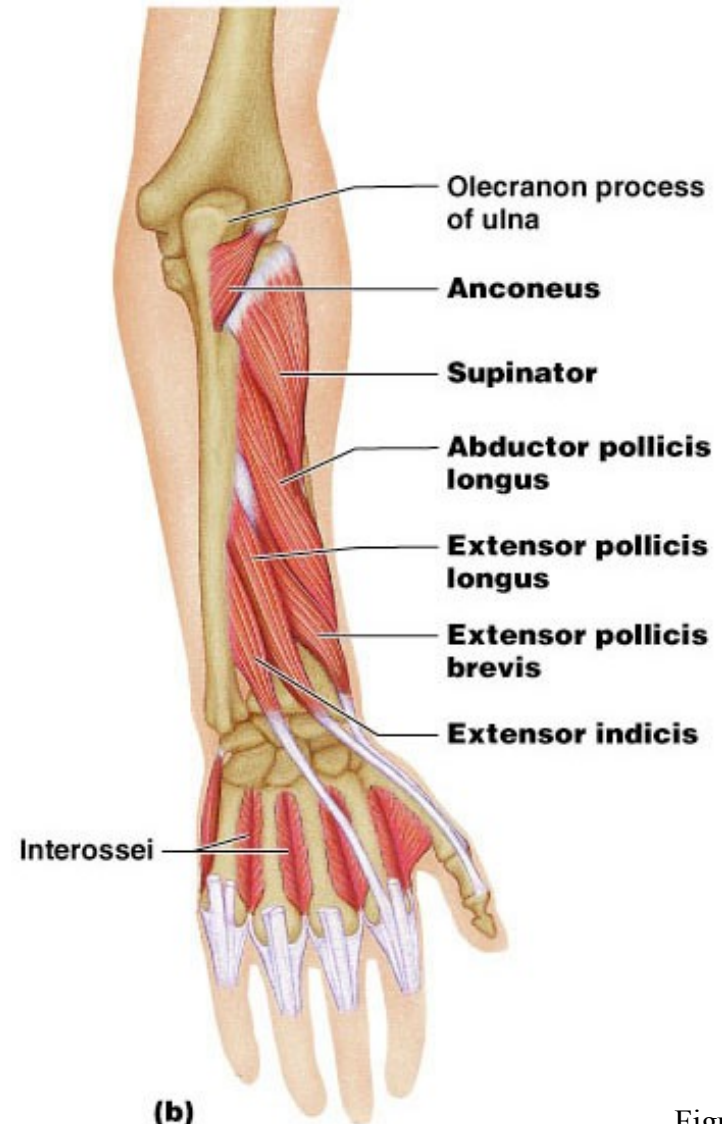
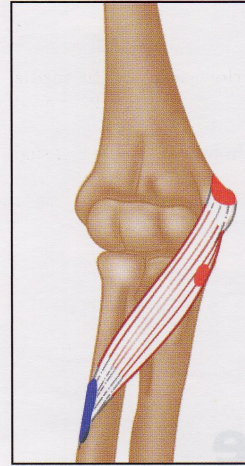


Figure 10.16b

Pronator teres

- Upptök:
 - epicondylus medialis á humerus
 - Þ.e. miðlægt neðst á upphandlegg
 - Einnig processus coronoideus á ulna (efst á ulna)
- Festa:
 - Lateralt (hliðlægt) á miðjan radius
- Hlutverk
 - Pronatar lófa og



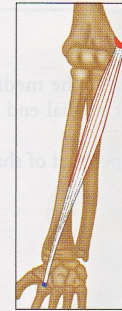
Anterior view, right arm.



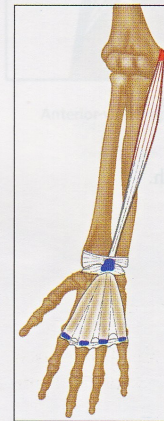
Flexorar úlnliðs

- Flexorar úlnliðs eru:
 - Flexor carpi radialis
 - Palmaris longus
 - Flexor carpi ulnaris
- Upptök
 - Epicondylus medialis
 - Þ.e. miðlægt neðst á upphandlegg
- Festa
 - Carpals (úlnliðsbein), metacarpals (framhandarbein) og phalanges (fingur)

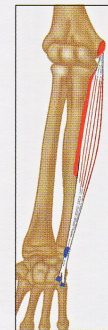
WRIST FLEXORS



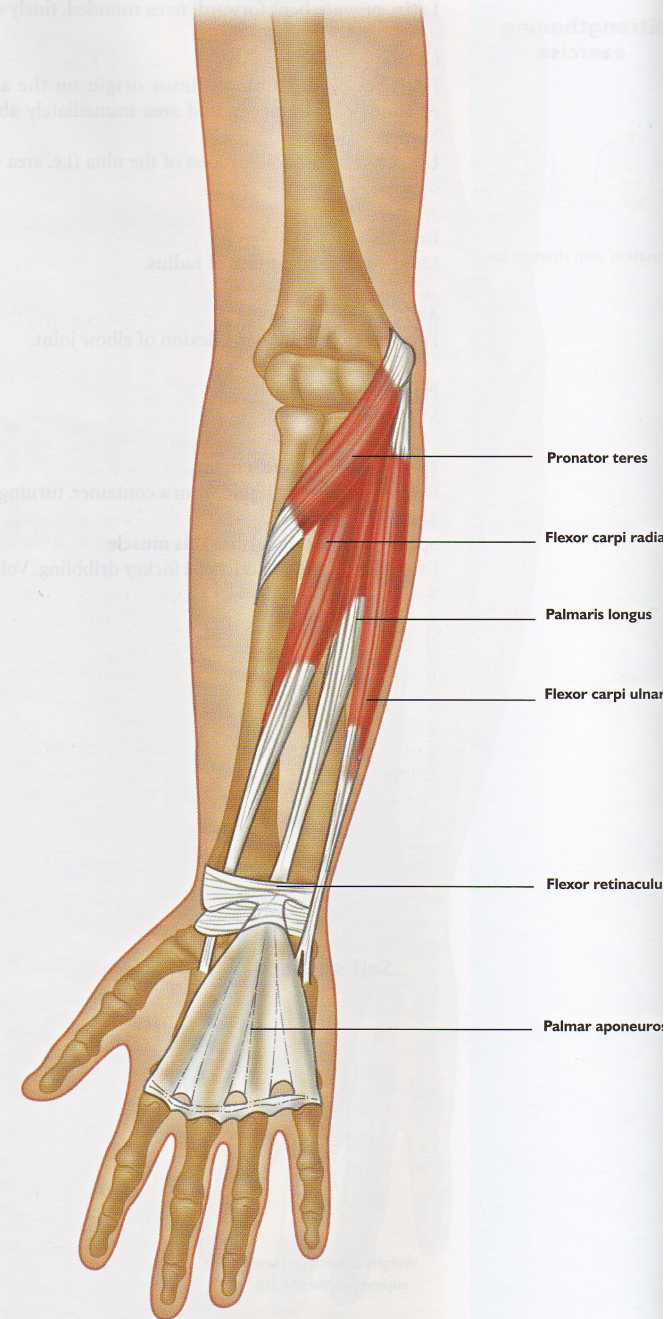
Flexor carpi radialis



Palmaris longus

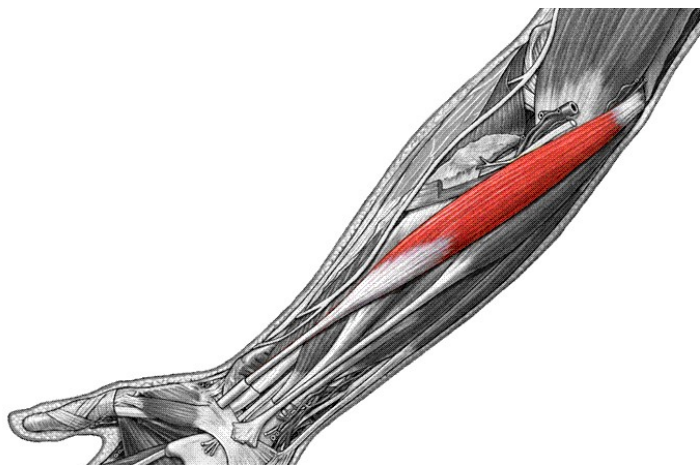


Flexor carpi ulnaris

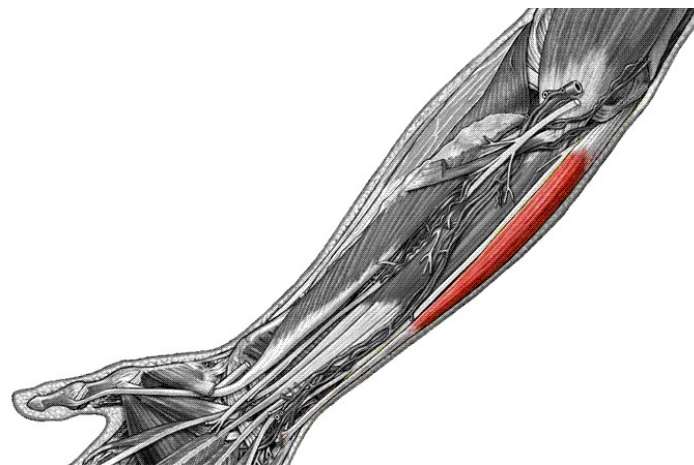


Anterior view, right arm.

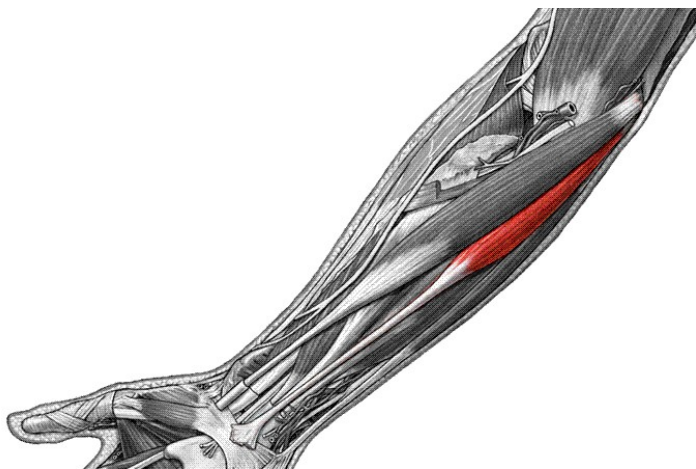
Flexorar úlniņš



Flexor carpi radialis



Flexor carpi ulnaris

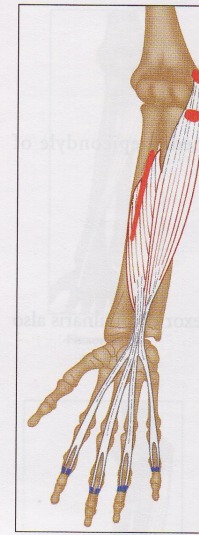


Palmaris longus

Flexorar fingra

- Eru aðallega flexor digitorum superficialis (nær yfirborði) og flexor digitorum profundus (liggur dýpra)
- Upptök
 - Flexor digitorum superficialis: epicondylus medialis og ofarlega á radius miðlægt (processus coronoideus)
 - Flexor digitorum profundus: medial og anterior hlið ulna
- Festa
 - Flexor digitorum superficialis: fingur
 - Flexor digitorum profundus: fingur
- Hlutverk
 - Flexor digitorum superficialis: flexar fingur og hjálpar til við flexion úlnliðs

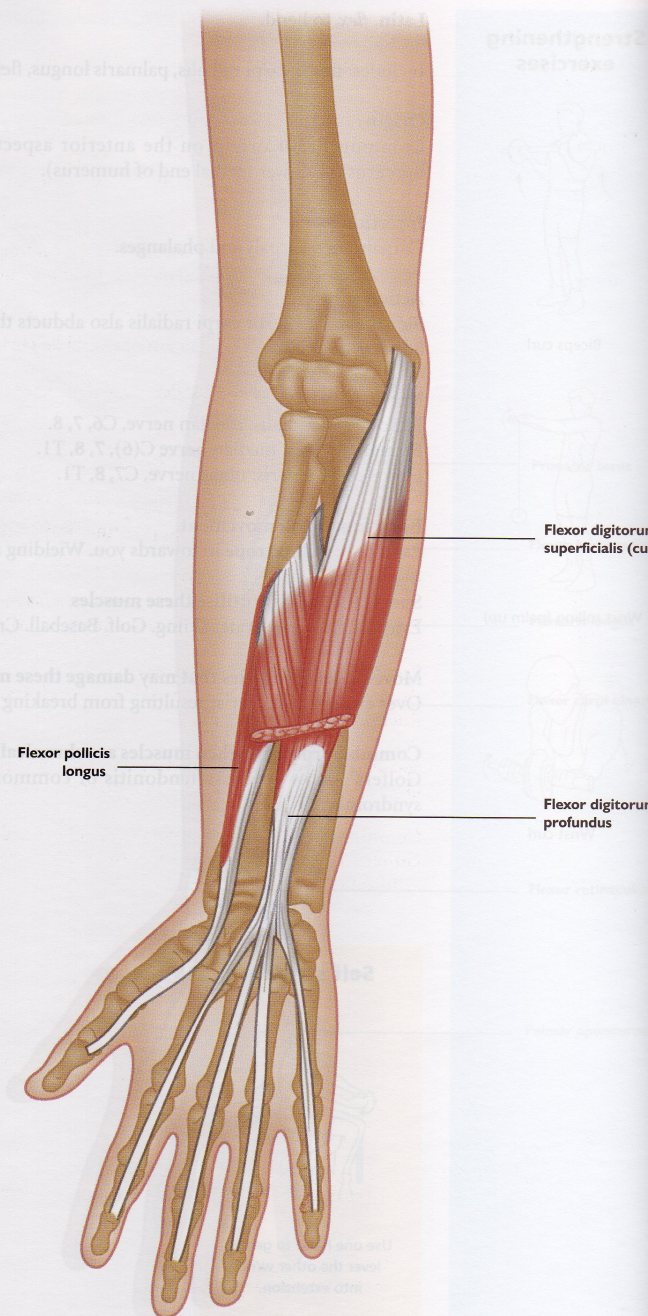
FINGER FLEXORS



Flexor digitorum superficialis



Flexor digitorum profundus



Anterior view, right arm.

Flexorar fingra



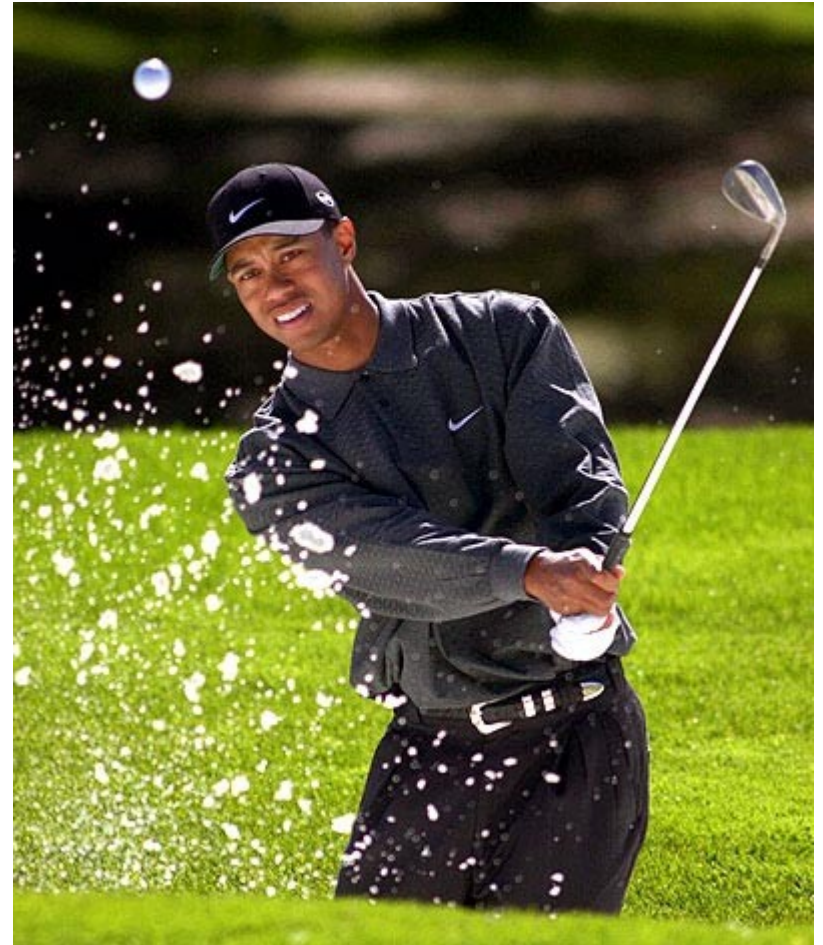
Flexor digitorum superficialis



Flexor digitorum profundus

Flexorar úlnliðs og fingra

- Vöðvar sem mynda anterior hluta framhandleggs eiga flestir upptök á epicondylus medialis
- Ef mikið álag er á þessum vöðvum þá geta þessi sameiginlegu vöðvaupptök orðið aum og fólk getur fengið verki í olnbogann
- Kallast þetta ***golf olnbogi***



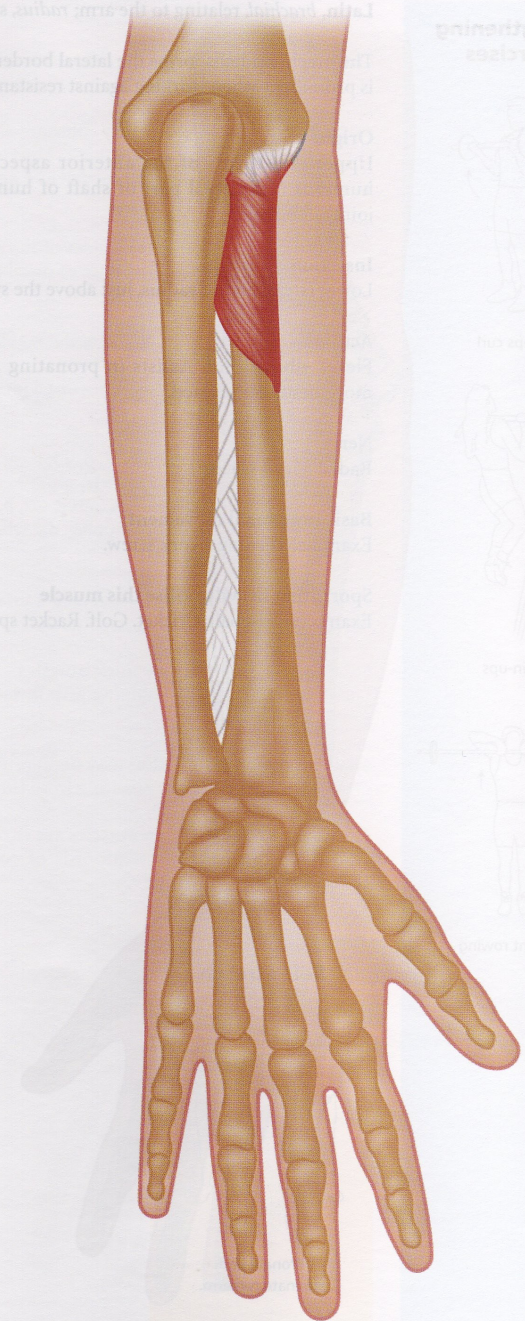
Supinator

- Upptök
 - Lateral hluti neðsta hluta humerus (epicondylus lateralis) og lateral efri hluti ulna
- Festa
 - Dorsal (baklæg) og lateral (hliðlæg) hlið ofarlega á radius
- Hlutverk
 - Supinator framhandlegg
 - Þ.e. snýr lófa upp

SUPINATOR

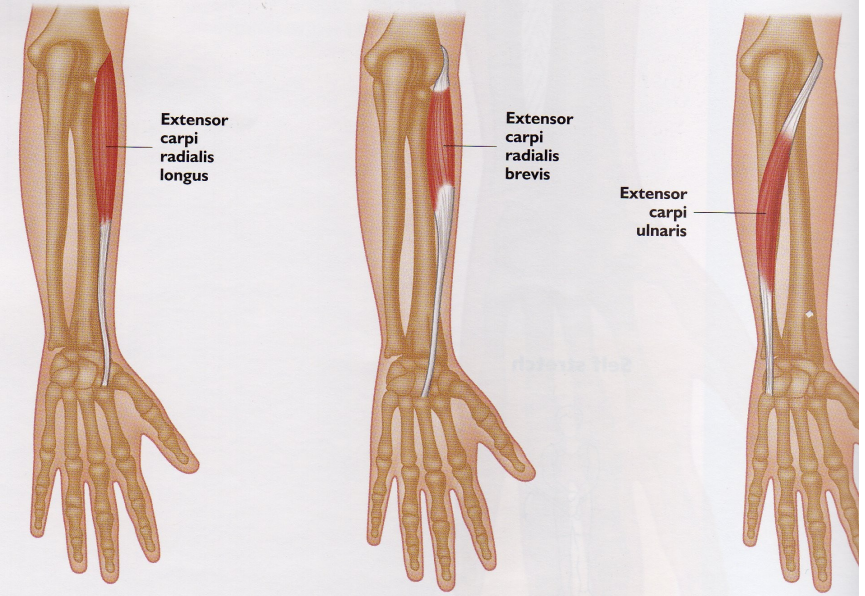
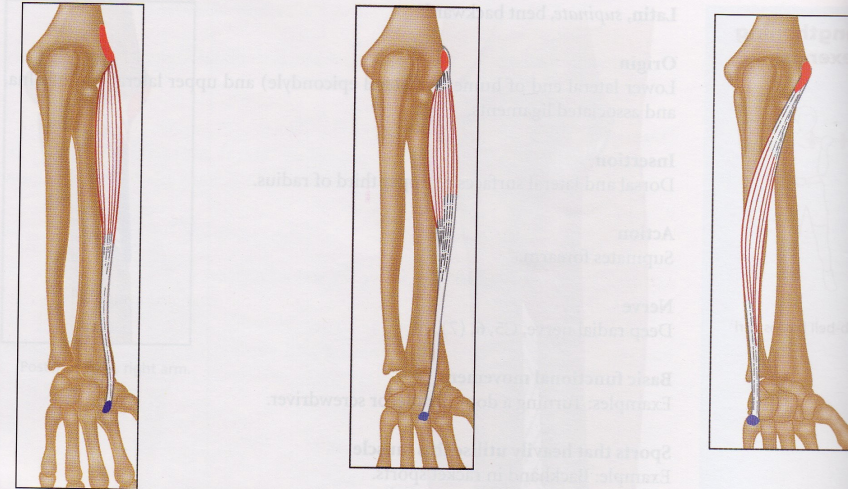


Posterior view, right arm.

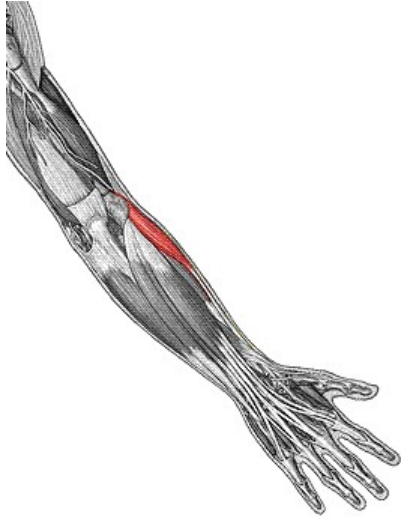


- Extensorar úlnliðs
- Extensorar úlnliðs eru:
 - Extensor carpi radialis longus
 - Extensor carpi radialis brevis
 - Extensor carpi ulnaris
- Upptök
 - Epicondylus lateralis
 - Þ.e. hliðlægt og neðst á humerus
- Festa
 - Dorsal (baklægur) hluti metacarpals (miðhandarbeina)
- Hlutverk
 - Extendar (réttir) úlnlið

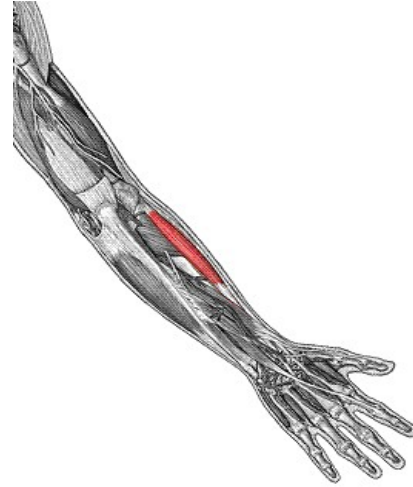
WRIST EXTENSORS



Extensorar úlnliðs



Extensor carpi radialis longus



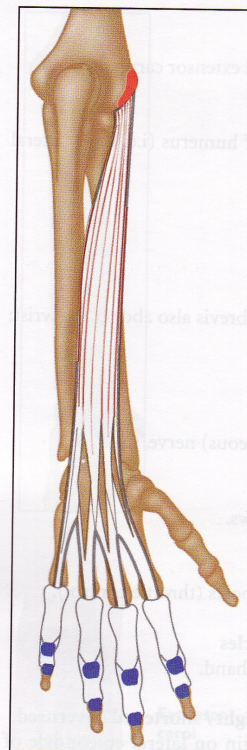
Extensor carpi radialis brevis



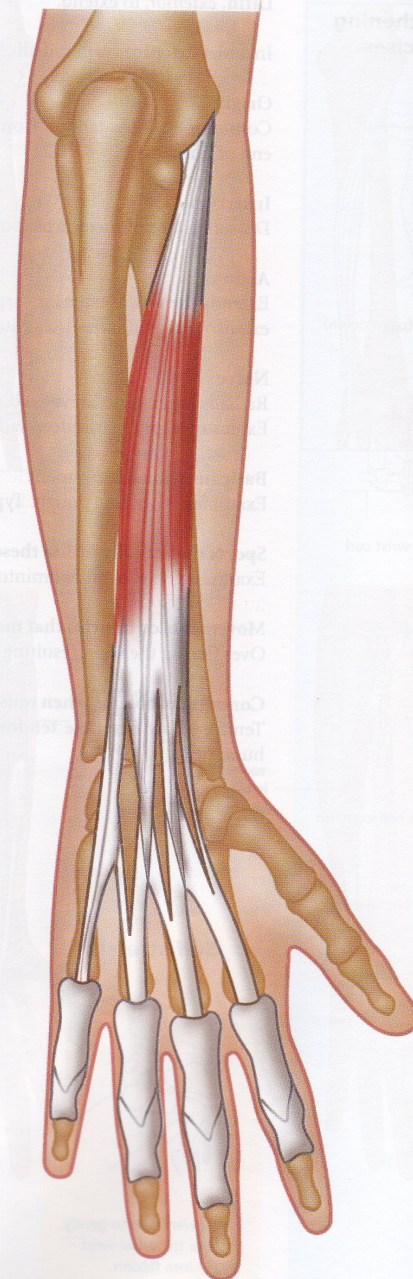
Extensor carpi ulnaris

Extensor fingra (extensor digitorum)

- Extensor = réttir
- Digitorum = fingur
- Upptök
 - Epicondylus lateralis á humerus
- Festa
 - Ofan á fingrum (nema á þumalfingri)
- Hlutverk



Posterior view, right arm.

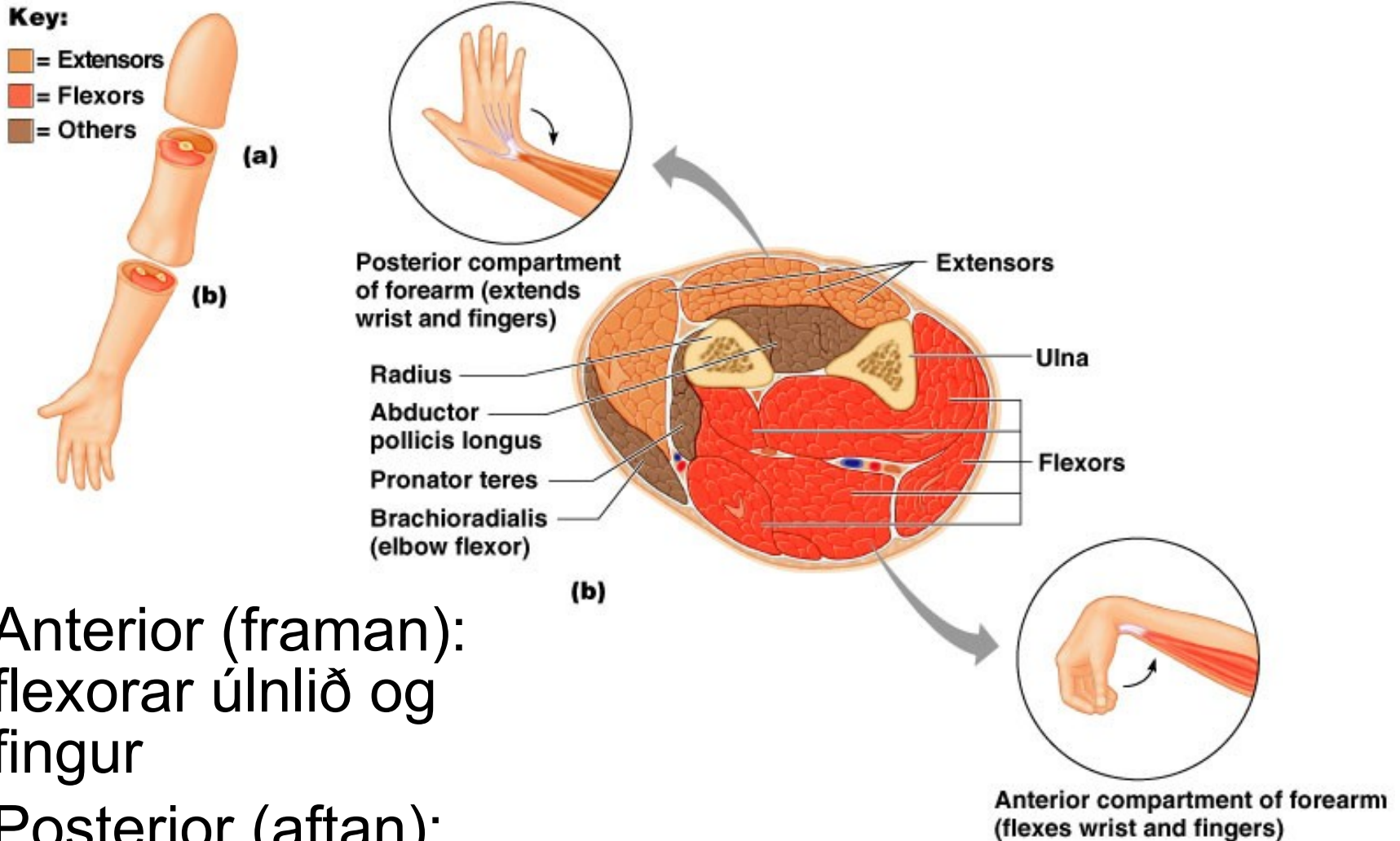


Extensorar úlnliðs og fingra

- Vöðvar sem mynda posterior (aftari) hluta framhandleggs eiga flestir upptök á epicondylus lateralis
 - Því eiga extensorar (afturhluti framhandleggs) upptök á epicondylus lateralis en flexorar (framhluti framhandleggs) eiga upptök á epicondylus medialis
- Ef mikið álag er á þessum vöðvum þá geta þessi sameiginlegu vöðvaupptök orðið aum og fólk getur fengið verk í olnbogann
- Kallast þetta ***tennis olnbogi***



Hlutverk vöðva í framhandlegg: samantekt



- Anterior (framan): flexorar úlnlið og fingur
- Posterior (aftan): extensorar úlnlið og fingur