

Muscle	Main Action Location	Finger & Thumb Action	Flexion	Extension	Pronation	Supination	
Biceps Brachii	Elbow & Forearm		Primary			Assistant	
Brachoradialis			Primary		Assistant	Assistant	
Brachialis			Primary				
Pronator Teres			Assistant		Primary		
Pronator Quadratus					Assistant		
Triceps Brachii			Primary				
Anconeus			Assistant		Assistant		
Supinator					Primary		
Flexor Carpi Radialis	Wrist and Digits	Flexion	Assistant		Assistant		
Flexor Carpi Ulnaris		Flexion	Assistant				
Flexor Digitorum Superficialis		Flexion	Assistant				
Palmaris Longus		None					
Extensor Carpi Radialis Longus		Extension			Assistant		Assistant
Extensor Carpi Radialis Brevis		Extension			Assistant		
Extensor Carpi Ulnaris		Extension			Assistant		
Extensor Digitorum		Extension			Assistant		
Extensor Digiti Minimi		Extension			Assistant		
Extensor Pollicis Longus		Extension					Assistant
Abductor Pollicis Longus		Flexion					Assistant