

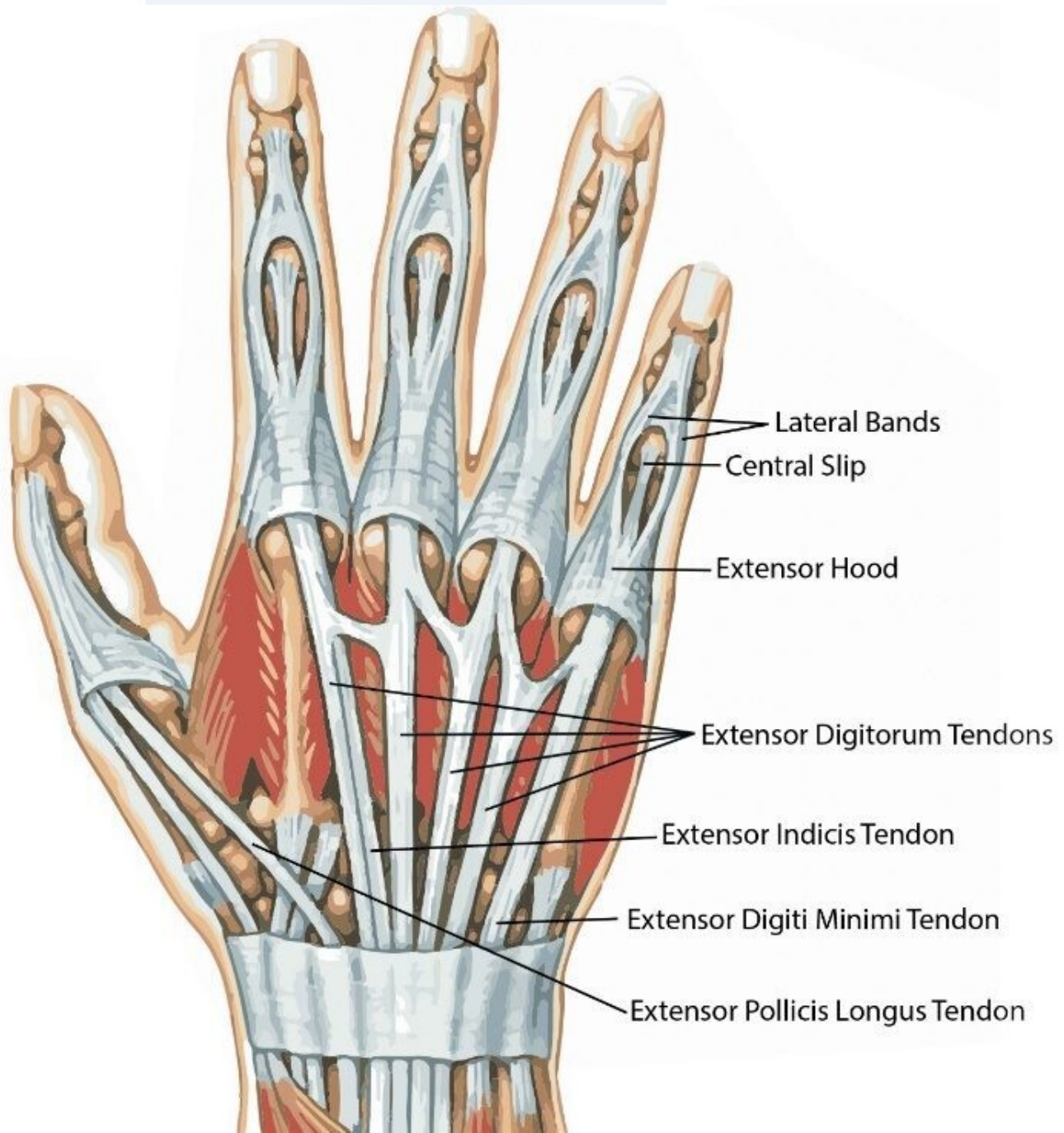
# **Trigger Points On The Extensor Digitorum**

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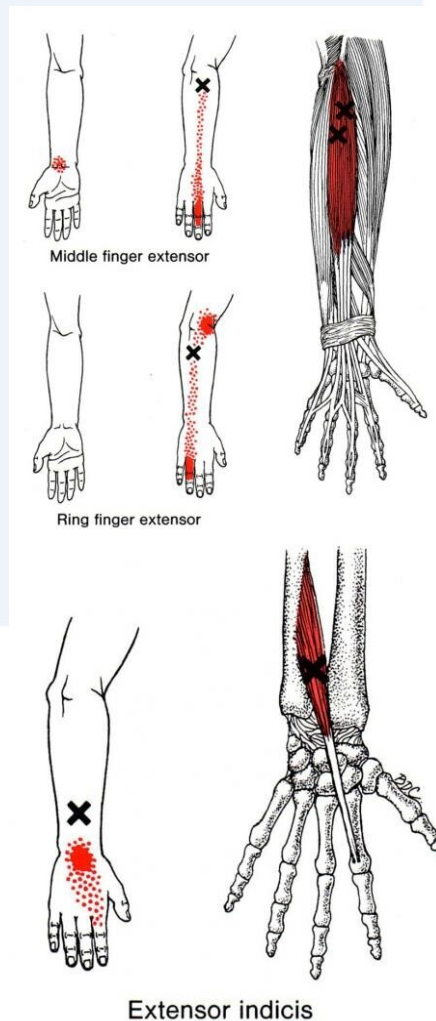
# How The Finger Extensor Muscles Work?



The hand muscles have many intricate muscles and insert themselves as the origin points for the bones, ligaments, and fascia of the hands. The finger extensor muscles begin at the forearms as the point of origin and stretch past the wrist to each finger digit which includes:

- Thumb
- Index Finger
- Middle Finger
- Ring Finger
- Pinky Finger

The three main fingers that provide motion for the hands are the index, ring, and middle finger, which allow the muscles to be held in flexion and extension while giving extra support for hand actions for gripping items. Studies reveal that even though the structural and functional complexities of the human fingers have been recognized, each finger recognized an effective function of precise coordination of multiple muscles. To that point, this results in constrained finger motion by exerted forces from the joint capsules, ligaments, and joint articular surfaces. However, the tendons and the extensor muscles of the fingers suffer from injuries and conditions that can affect the functionality of each finger's grip strength.



In your hand are the muscles that allow you to straighten your fingers. So they are the extensor digitorum, and the fascinating thing about this muscle is that you can lift each finger. So if you lift each finger one at a time, you can lift them independently. It's not that easy because you have one muscle here; you have one tendon, then you have a series of muscles that all join very closely together. They come down, and each one breaks into a tendon, which runs down to your hand and goes to each of your fingers. So it's an unexpected arrangement to create such fine movement. All these muscles, the same attachment, and the trigger points run quite close in your forearm's main bulk. And the symptoms you get from these triggers are that your fingers feel stiff because the trigger points will cause the shortening of the muscles. So when you try and flex the muscle, you will feel that the muscle and the fingers are pulling back.

# Disclaimer



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