



EUROPEAN CERTIFIED  
HAND THERAPIST

EUROPEAN FEDERATION OF SOCIETIES FOR HAND THERAPY

## EFSHT Cheat Card

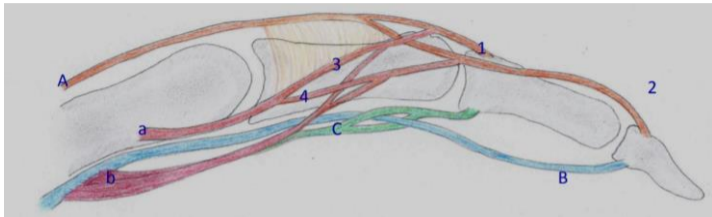
Interested in becoming an  
European Certified Hand Therapist?

[www.eurohandtherapy.org](http://www.eurohandtherapy.org)  
[echt@eurohandtherapy.org](mailto:echt@eurohandtherapy.org)

### The extrinsic and intrinsic muscle group

Name	Function
M.ext.digitorum comm. (N.rad.)	Extends the phalanges proximales and indirectly the entire hand
M.flex.dig.prof. (N.uln. ulnar side) (N.med. radial side)	Flexes IP joints, especially the phalanges distales
M.flex.dig.superf. (N.med.)	Flexes phalanges mediae of the 4 fingers
Mm. Interosseï (N.uln.)	Flexes digiti 2-5 at MCPjoints Extend the two phalanges distales at the corresponding IP joints
Mm. Lumbricales (N.med.: I, II) (N.uln.:III, IV)	Flexes the MCP joints Extends the two phalanges distales

## Intrinsic and Extrinsic muscles: anatomy



### Extrinsic Group

- Extensor digitorum communis (**A**)
- Central band of extensor tendon (**1**)
- Collateral band of extensor tendon (**2**)
- Flexor digitorum profundus (**B**)
- Flexor digitorum superficialis (**C**)

### Intrinsic Group

- Interosseus tendon (**a**)
- Medial band of intrinsic tendon (**3**)
- Lateral band of intrinsic tendon (**4**)
- Lumbrical muscle and tendon (**b**)