

	Origin:	Insertion:	Nerve supply	Actions:
1- Pronator teres	Superficial (humeral) head: common flexor origin (the front of medial epicondyle). Deep (ulnar) head: Medial border of coronoid process of ulna.	Into an impression on the middle of the lateral surface of shaft of radius	<ul style="list-style-type: none"> • Median nerve. 	Pronation of the forearm. Helps in flexion of the elbow.
4- Flexor Digitorum Superficialis	Humeroulnar head: common flexor origin and medial border of coronoid process of ulna. Radial head: from the oblique line on front of shaft of radius.	By 4 tendons into the middle phalanges of the medial 4 fingers. On reaching the proximal phalanges, each tendon divides into two slips, and finally inserted into the sides of the middle phalanges. It gives passage for the flexor digitorum profundus tendon	<ul style="list-style-type: none"> • Median nerve. 	Flexion of proximal interphalangeal and metacarpophalangeal joints of the medial 4 fingers + Flexion of the hand + Flexion of forearm

	Origin:	Insertion:	Nerve supply	Actions:
2- Flexor Carpi Radialis:	Common flexor origin.	Bases of palmar aspect of 2nd and 3rd metacarpal bones	Median nerve.	Flexion and abduction of the wrist. Flexion of forearm.
5- Flexor Carpi Ulnaris	Common flexor origin. Ulnar head: from medial border of olecranon process and posterior border of ulna.	Pisiform bone, pisohamate ligament (to hook ^{قمة} of hamate), and pisometacarpal ligament (to base of 5th metacarpal bone).	Ulnar nerve.	Flexion and adduction of wrist joint + Flexion of forearm
3- Palmaris longus	Common flexor origin.	Apex of palmar aponeurosis which is a triangular thickening of deep fascia of the palm.	Median nerve.	Flexion of wrist. Tension of the palmar aponeurosis.

	Origin:	Insertion:	Nerve supply	Actions:
Flexor pollicis longus.	Upper $\frac{3}{4}$ of anterior surface of shaft of radius. Interosseous membrane.	Base of terminal phalanx of the thumb.	Anterior interosseous nerve	Flexion of all joints of the thumb. Helps in flexion of wrist.
• Flexor digitorum profundus	1. Upper $\frac{3}{4}$ of anterior and medial surfaces of shaft of ulna. 2. Interosseous membrane.	Bases of terminal phalanges of the medial 4 fingers.	Medial $\frac{1}{2}$ by ulnar nerve. Lateral $\frac{1}{2}$ by anterior interosseous nerve.	• Flexion of all joints of the medial 4 fingers. • Helps in flexion of wrist joint.
Pronator quadratus	Lower $\frac{1}{4}$ of anterior surface of shaft of ulna	Lower $\frac{1}{4}$ of anterior surface shaft of radius	Anterior interosseous nerve.	• Pronation of forearm.