

Trigger Point Of The Week

**Palmaris
Longus**

Dr. Alex Jimenez D.C.

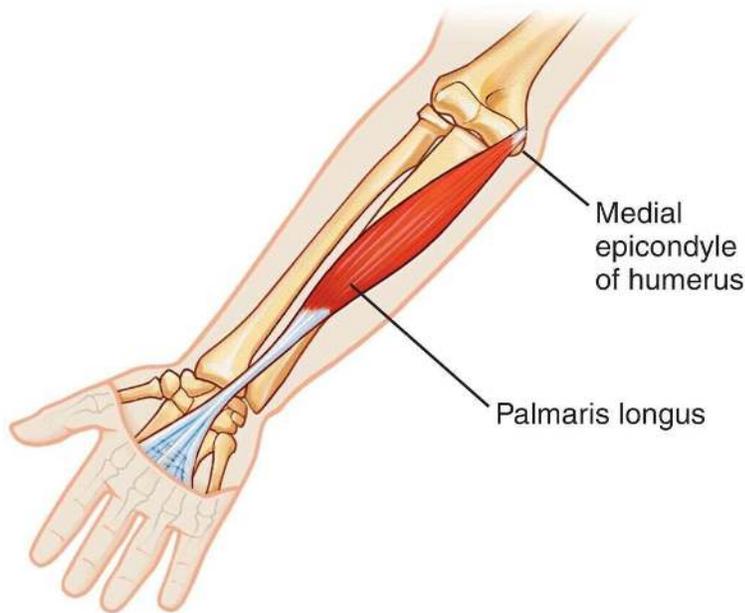


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The Palmaris Longus Muscle

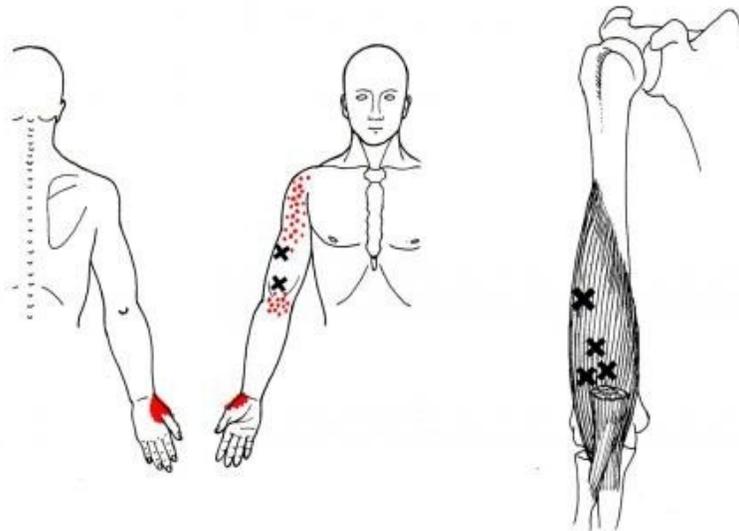


The palmaris longus is a small muscle located on the front of the forearms and extends down from the wrist to meet with the rest of the muscles and tendons of the hands. The palmaris longus also connects to the roof of the carpal tunnel bones, where the median nerves and digital flexors tendons reside and provide movement. According to Dr. Janet G. Travell, M.D.'s book, "Myofascial Pain and Dysfunction: The Trigger Point Manual," the palmaris longus muscle function is to flex the hands at the wrist while being able to tense the palmar fascia. Studies reveal that the palmaris longus muscle flexes the wrist weakly as an accessory muscle and abducts the thumb for mobility. This muscle is also prone to injuries as it can develop pain-like symptoms along the wrist and the palm of the hands.

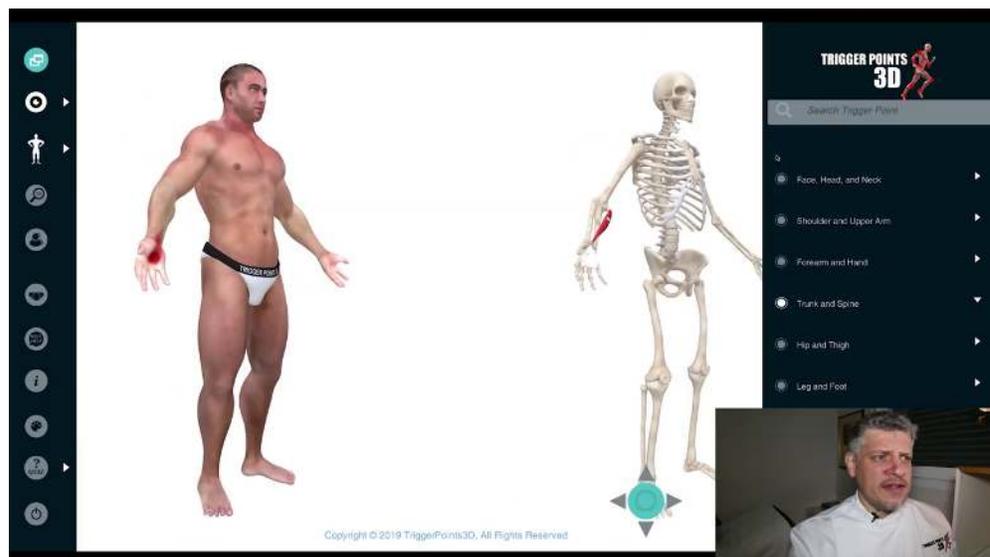


Trigger Points Affecting The Palmaris Longus

Hi, this is Dr. Alex Jimenez, and the trigger point of the week is the palmaris longus muscle. So let's look at the software and see if we can find palmaris longus. Now, of course, some of you will say, "Well, the palmaris longus isn't always there." And indeed, 19% of people don't have a palmaris longus or a variation. There are five different variants of palmaris longus. You can have a split belly, but let's look at this diagram here because I think it's useful. Now, palmaris longus is one of the common flexors, and it takes its origin from the common flexors, and it inserts into the palmar aponeurosis. It is a superficial muscle; as we said, it's not always present. You can see it in the wrist by asking someone to flex and see there are two tendons there.



And why is it important? Because it connects to carpal tunnel syndrome. Now, carpal tunnel syndrome is something that, often, people ask how you work with trigger points. How do you look at carpal tunnel syndrome and palmaris longus when present? It is associated with carpal tunnel and looks like a median nerve. So as we said, insert into the palmar aponeurosis and have a look. Look, here's the pain map, and we can see it's a pain map right in the sort of part of the wrist and into the hand itself, into some crucible of the hand. So into the palmar surface, we see palmar surface pain that looks like carpal tunnel syndrome. Similar things like pain that gets worse in the morning.



It relieves when shaking the pain because you are also shaking out some of the palmar longus. So well worth looking at, and trigger points are a unipennate muscle, so it's a nice long, thin muscle. As we said, there are several variations. I've put a course in the software showing the wrist and wrist pain, which lists all the different variations, but the trigger point is normally somewhere about a third of the way down in the belly of the muscle. And it usually reproduces palmar pain. So palmar longus, carpal tunnel syndrome, is a fantastic muscle to look at. If you are getting stuck with carpal tunnel, and you've differentiated and diagnosed the pathology as carpal tunnel, it is well worth looking at. I hope you have enjoyed that and found the palmaris longus muscle interesting. We look forward to seeing you next week. Thanks for watching. Bye.



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