

What is the Extensor Digitorum Muscle?

The extensor digitorum muscle is a special muscle in your arm. Muscles are like little engines in your body that help you move. This muscle helps you open and straighten your fingers.

Where is it?

It is located on the back of your forearm, which is the part of your arm between your elbow and your wrist.

What does it do?

When you want to open your hand or straighten your fingers after making a fist, the extensor digitorum muscle helps you do that. It pulls on the tendons that connect to your fingers, making them go straight and open.

Why is it important?

Without this muscle, it would be hard to open your fingers or type on a keyboard, hold things, or do many fun activities like playing the piano or drawing.

Fun fact!

Your body has many muscles, and they all work together to help you move and play every day!