

## Muscle/Tendon Table

ICD-10-CM categorizes certain muscles and tendons in the upper and lower extremities by their action (e.g., extension, flexion), their anatomical location (e.g., posterior, anterior), and/or whether they are intrinsic or extrinsic to a certain anatomical area. The Muscle/Tendon Table is provided at the beginning of chapters 13 and 19 as a resource to help users when code selection depends on one or more of these characteristics. Please note that this table is not all-inclusive, and proper code assignment should be based on the provider's documentation.

Body Region	Muscle	Extensor Tendon	Flexor Tendon	Other Tendon
<b>Shoulder</b>				
	Deltoid	Posterior deltoid	Anterior deltoid	
	Rotator cuff			
	Infraspinatus			Infraspinatus
	Subscapularis			Subscapularis
	Supraspinatus			Supraspinatus
	Teres minor			Teres minor
	Teres major	Teres major		
<b>Upper arm</b>				
	Anterior muscles			
	Biceps brachii — long head		Biceps brachii — long head	
	Biceps brachii — short head		Biceps brachii — short head	
	Brachialis		Brachialis	
	Coracobrachialis		Coracobrachialis	
	Posterior muscles			
	Triceps brachii	Triceps brachii		
<b>Forearm</b>				
	Anterior muscles			
	Flexors			
	Deep			
	Flexor digitorum profundus		Flexor digitorum profundus	
	Flexor pollicis longus		Flexor pollicis longus	
	Intermediate			
	Flexor digitorum superficialis		Flexor digitorum superficialis	
	Superficial			
	Flexor carpi radialis		Flexor carpi radialis	
	Flexor carpi ulnaris		Flexor carpi ulnaris	
	Palmaris longus		Palmaris longus	
	Pronators			
	Pronator quadratus			Pronator quadratus
	Pronator teres			Pronator teres
	Posterior muscles			
	Extensors			
	Deep			
	Abductor pollicis longus			Abductor pollicis longus
	Extensor indicis	Extensor indicis		
	Extensor pollicis brevis	Extensor pollicis brevis		
	Extensor pollicis longus	Extensor pollicis longus		
	Superficial			
	Brachioradialis			Brachioradialis
	Extensor carpi radialis brevis	Extensor carpi radialis brevis		
	Extensor carpi radialis longus	Extensor carpi radialis longus		
	Extensor carpi ulnaris	Extensor carpi ulnaris		
	Extensor digiti minimi	Extensor digiti minimi		
	Extensor digitorum	Extensor digitorum		
	Anconeus	Anconeus		
	Supinator			Supinator

Body Region	Muscle	Extensor Tendon	Flexor Tendon	Other Tendon
<b>Hand</b>				
Extrinsic — attach to a site in the forearm as well as a site in the hand with action related to hand movement at the wrist				
	Extensor carpi radialis brevis	Extensor carpi radialis brevis		
	Extensor carpi radialis longus	Extensor carpi radialis longus		
	Extensor carpi ulnaris	Extensor carpi ulnaris		
	Flexor carpi radialis		Flexor carpi radialis	
	Flexor carpi ulnaris		Flexor carpi ulnaris	
	Flexor digitorum superficialis		Flexor digitorum superficialis	
	Palmaris longus		Palmaris longus	
Extrinsic — attach to a site in the forearm as well as a site in the hand with action in the hand related to finger movement				
	Adductor pollicis longus			Adductor pollicis longus
	Extensor digiti minimi	Extensor digiti minimi		
	Extensor digitorum	Extensor digitorum		
	Extensor indicis	Extensor indicis		
	Flexor digitorum profundus		Flexor digitorum profundus	
	Flexor digitorum superficialis		Flexor digitorum superficialis	
Extrinsic — attach to a site in the forearm as well as a site in the hand with action in the hand related to thumb movement				
	Extensor pollicis brevis	Extensor pollicis brevis		
	Extensor pollicis longus	Extensor pollicis longus		
	Flexor pollicis longus		Flexor pollicis longus	
Intrinsic — found within the hand only				
	Adductor pollicis			Adductor pollicis
	Dorsal interossei	Dorsal interossei	Dorsal interossei	
	Lumbricals	Lumbricals	Lumbricals	
	Palmaris brevis			Palmaris brevis
	Palmar interossei	Palmar interossei	Palmar interossei	
	<b>Hypothenar muscles</b>			
	Abductor digiti minimi			Abductor digiti minimi
	Flexor digiti minimi brevis		Flexor digiti minimi brevis	
	Opponens digiti minimi		Opponens digiti minimi	
	<b>Thenar muscles</b>			
	Abductor pollicis brevis			Abductor pollicis brevis
	Flexor pollicis brevis		Flexor pollicis brevis	
	Opponens pollicis		Opponens pollicis	
<b>Thigh</b>				
	<b>Anterior muscles</b>			
	Iliopsoas		Iliopsoas	
	Pectineus		Pectineus	
	Quadriceps	Quadriceps		
	Rectus femoris	Rectus femoris — Extends knee	Rectus femoris — Flexes hip	
	Vastus intermedius	Vastus intermedius		
	Vastus lateralis	Vastus lateralis		
	Vastus medialis	Vastus medialis		
	Sartorius		Sartorius	
	<b>Medial muscles</b>			
	Adductor brevis			Adductor brevis
	Adductor longus			Adductor longus
	Adductor magnus			Adductor magnus
	Gracilis			Gracilis
	Obturator externus			Obturator externus
	<b>Posterior muscles</b>			
	Hamstring	Hamstring — Extends hip	Hamstring — Flexes knee	
	Biceps femoris	Biceps femoris	Biceps femoris	
	Semimembranosus	Semimembranosus	Semimembranosus	
	Semitendinosus	Semitendinosus	Semitendinosus	

Body Region	Muscle	Extensor Tendon	Flexor Tendon	Other Tendon
<b>Lower leg</b>				
	<b>Anterior muscles</b>			
	Extensor digitorum longus	Extensor digitorum longus		
	Extensor hallucis longus	Extensor hallucis longus		
	Fibularis (peroneus) tertius	Fibularis (peroneus) tertius		
	Tibialis anterior	Tibialis anterior		Tibialis anterior
	<b>Lateral muscles</b>			
	Fibularis (peroneus) brevis		Fibularis (peroneus) brevis	
	Fibularis (peroneus) longus		Fibularis (peroneus) longus	
	<b>Posterior muscles</b>			
	Deep			
	Flexor digitorum longus		Flexor digitorum longus	
	Flexor hallucis longus		Flexor hallucis longus	
	Popliteus		Popliteus	
	Tibialis posterior		Tibialis posterior	
	Superficial			
	Gastrocnemius		Gastrocnemius	
	Plantaris		Plantaris	
	Soleus		Soleus	
				Calcaneal (Achilles)
<b>Ankle/Foot</b>				
Extrinsic — attach to a site in the lower leg as well as a site in the foot with action related to foot movement at the ankle				
	Plantaris		Plantaris	
	Soleus		Soleus	
	Tibialis anterior	Tibialis anterior		
	Tibialis posterior		Tibialis posterior	
Extrinsic — attach to a site in the lower leg as well as a site in the foot with action in the foot related to toe movement				
	Extensor digitorum longus	Extensor digitorum longus		
	Extensor hallucis longus	Extensor hallucis longus		
	Flexor digitorum longus		Flexor digitorum longus	
	Flexor hallucis longus		Flexor hallucis longus	
Intrinsic — found within the ankle/foot only				
	<b>Dorsal muscles</b>			
	Extensor digitorum brevis	Extensor digitorum brevis		
	Extensor hallucis brevis	Extensor hallucis brevis		
	<b>Plantar muscles</b>			
	Abductor digiti minimi		Abductor digiti minimi	
	Abductor hallucis		Abductor hallucis	
	Dorsal interossei	Dorsal interossei	Dorsal interossei	
	Flexor digiti minimi brevis		Flexor digiti minimi brevis	
	Flexor digitorum brevis		Flexor digitorum brevis	
	Flexor hallucis brevis		Flexor hallucis brevis	
	Lumbricals	Lumbricals	Lumbricals	
	Quadratus plantae		Quadratus plantae	
	Plantar interossei	Plantar interossei	Plantar interossei	