

Adductor Hallucis

- **3rd layer of plantar foot muscles**
 - Along with the following
 - Flexor hallucis brevis
 - Flexor digiti minimi brevis
 - Tendons of peroneus longus and tibialis posterior
 - Oblique and Transverse head
 - Course through a split in the deep transverse metatarsal ligament
 - Inserts into the lateroplantar aspect of the base of the proximal phalanx of the hallux
 - Contributes to the sesamoid apparatus along with:
 - 1st MPJ plantar plate
 - Abductor hallucis
 - Flexor hallucis brevis
 - Tibial/Fibular sesamoid
 - Adductor hallucis

