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A1 pulley: The most proximal annular pulley of the hand that originates from the volar plate of the metacarpal phalangeal joint. It is often the site where trigger finger occurs and may be surgically released to treat trigger finger.

abduction: Movement of a body part (usually the limbs) away from the midline of the body.

abduction bar: An orthopedic device used to position infant legs in abduction and external rotation. It is constructed by an aluminum bar with a pair of shoes fixed to the bar to position the feet (*see* Appendix 18). *Synonyms:* Denis Brown bar or brace, Fillauer bar, Tarso abduction bar.

abduction pillow: A triangle-shaped pillow placed between the legs to cause both legs to be abducted. Often used after total hip arthroplasty cases, especially from the posterior approach, to decrease the risk of dislocation in the immediate postoperative period.

abduction sling: A sling with an attached pillow to keep the arm in abduction. Often used for the postoperative immobilization of shoulder after a rotator cuff repair. Also known as a gunslinger brace (*see* Appendix 18).

abductor: A muscle that pulls a portion of the body away from the midline (memory hint: an abductor takes a person away).

abductor digiti minimi (ADM): A muscle that abducts the small finger or the little toe.

abductor hallucis (AH): A muscle that abducts the big toe. It originates from the calcaneal tuberosity and inserts in the proximal phalanx of the great toe.

abductor pollicis brevis (APB): A muscle that abducts the thumb. It originates from the scaphoid and trapezium and inserts in the lateral proximal phalanx of the thumb.