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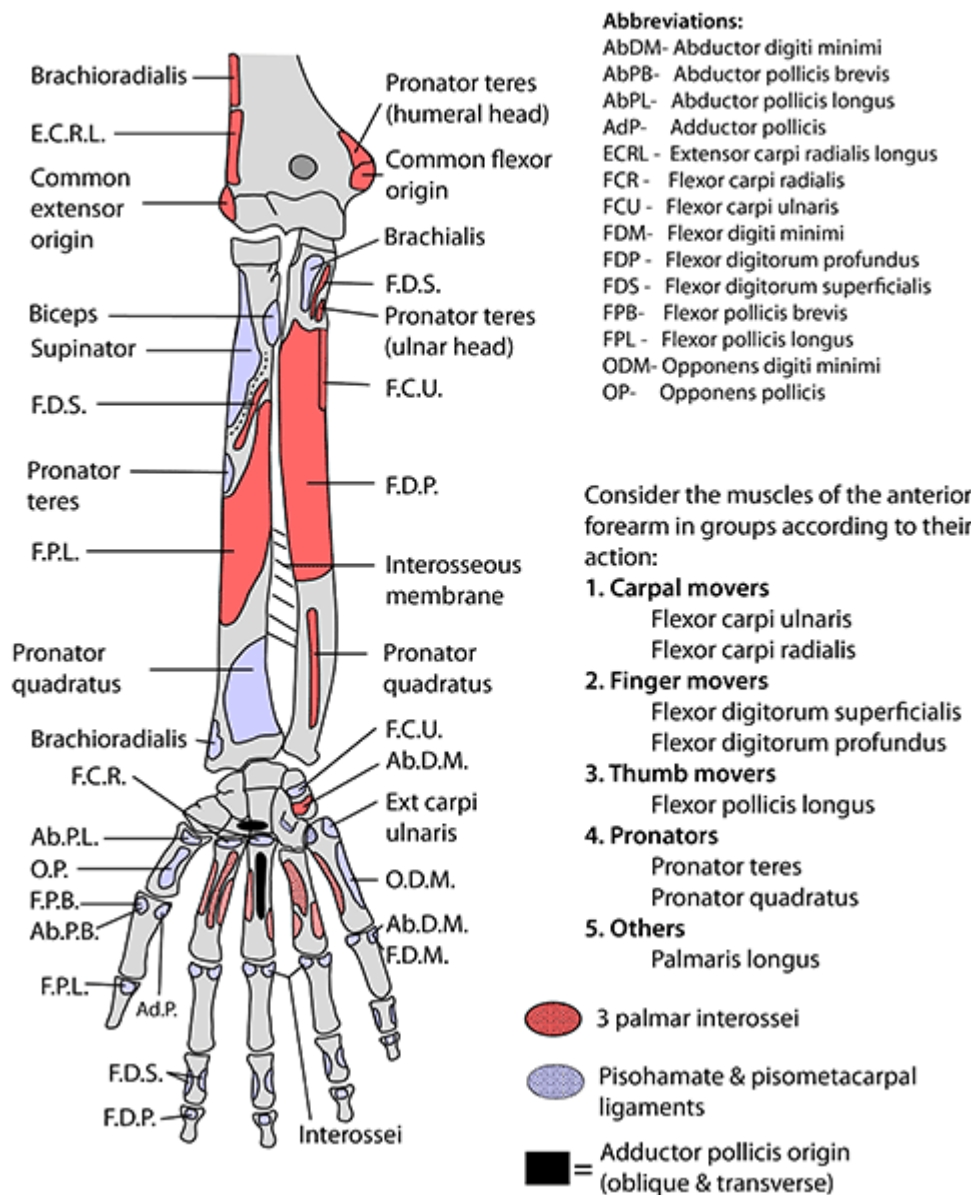
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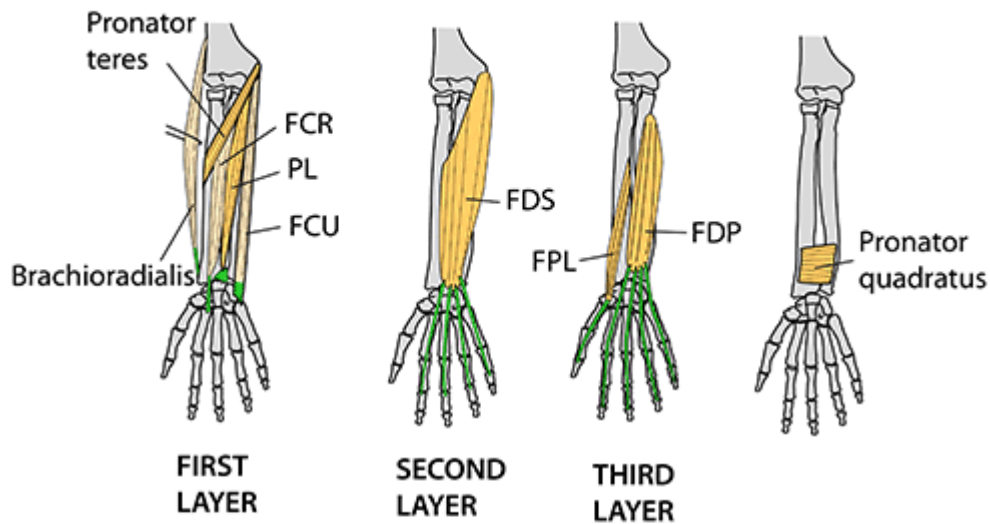


# Front of forearm

## ANTERIOR FOREARM AND HAND MUSCLE ATTACHMENTS



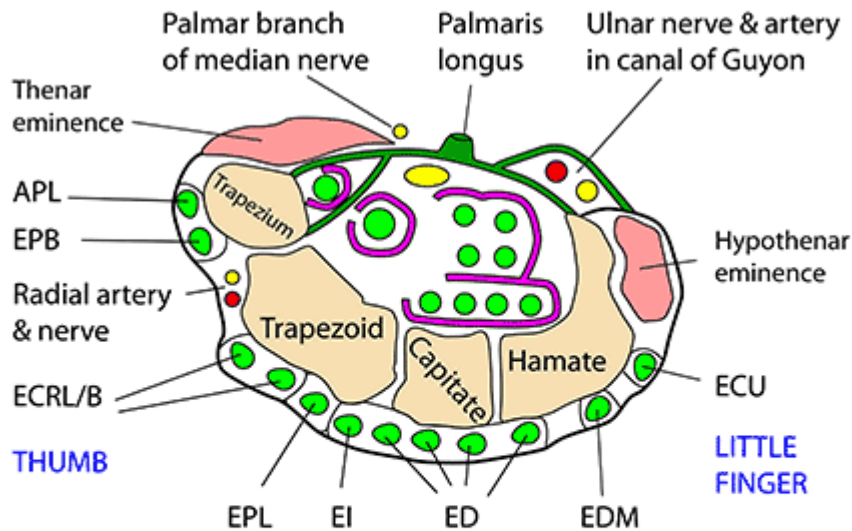
## ANTERIOR FOREARM MUSCLES



### ABBREVIATIONS

FCR- Flexor carpi radialis  
FCU- Flexor carpi ulnaris  
FDP- Flexor digitorum profundus  
FDS- Flexor digitorum superficialis  
FPL- Flexor pollicis longus  
PL- Palmaris longus

## FLEXOR RETINACULUM



**Origin:** Tubercle of scaphoid & ridge of trapezium

**Insertion:** Pisiform & hook of hamate

**Into it:** Palmaris brevis & palmaris longus, palmar aponeurosis

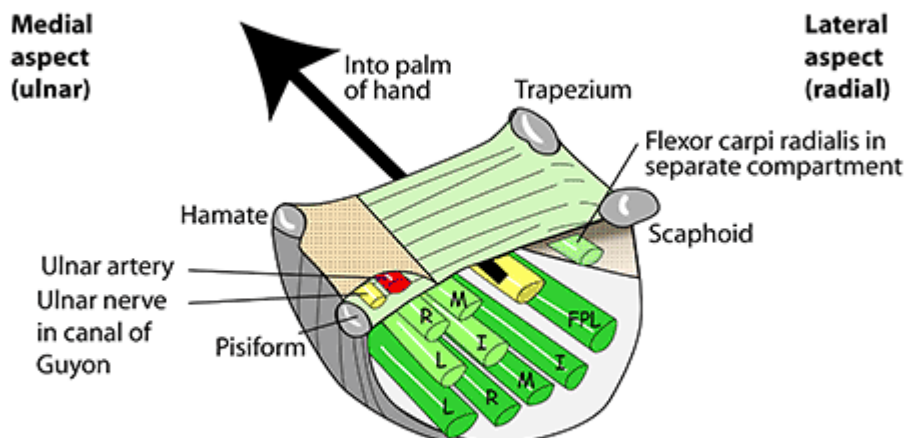
**From it:** Thenor & hypothenar muscles

**Over it:** Ulnar artery & nerve, palmar cutaneous branch of median, palmar branch of radial artery

**Deep to it:** Median nerve & structures on diagram

**Note:** Synovial sheaths open laterally to allow access for small vessels to tendons

## FLEXOR RETINACULUM & CARPAL TUNNEL



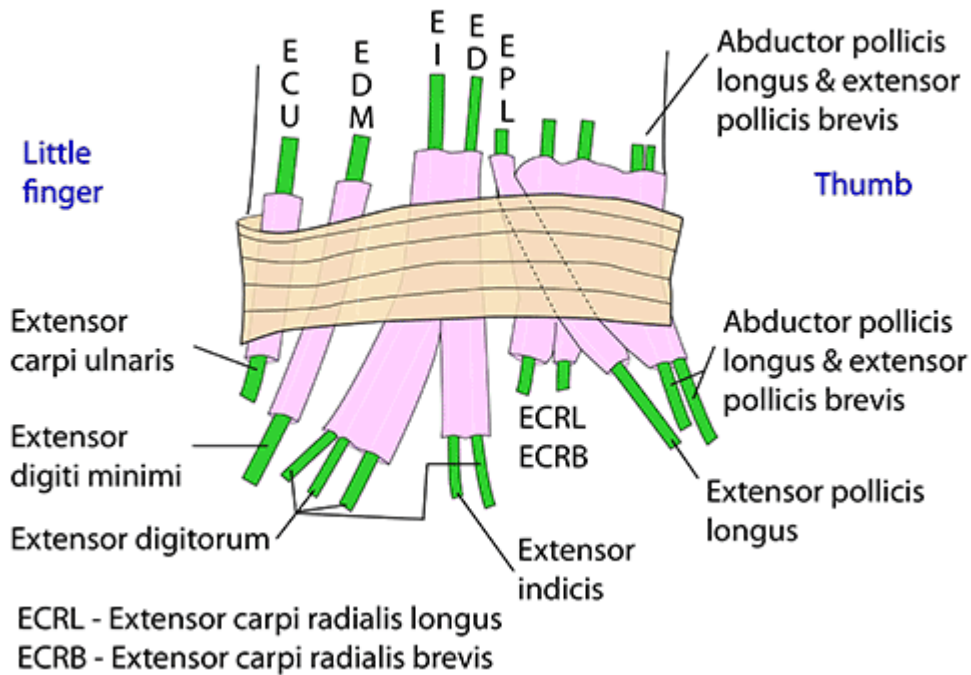
### Beneath (deep to) the flexor retinaculum

1. Median nerve
2. 4 tendons of flexor digitorum profundus
3. 4 tendons of flexor digitorum superficialis
4. Tendon of flexor pollicis longus
5. Flexor carpi radialis (in its own compartment)

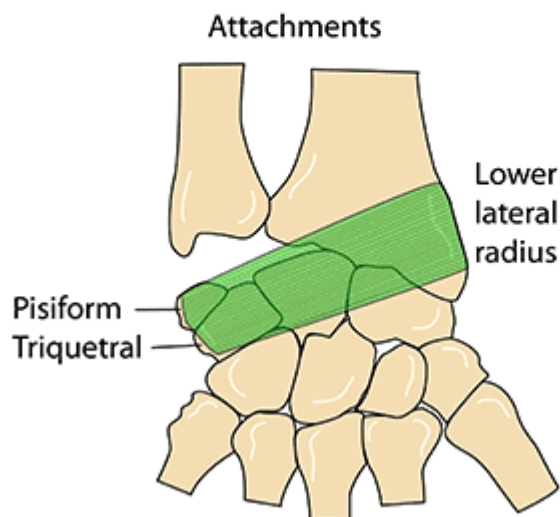
### Superficial to the flexor retinaculum

1. Ulnar nerve and ulnar artery (in their own tunnel (**Canal of Guyon**))
2. Palmar cutaneous branch of median nerve

## RIGHT EXTENSOR RETINACULUM



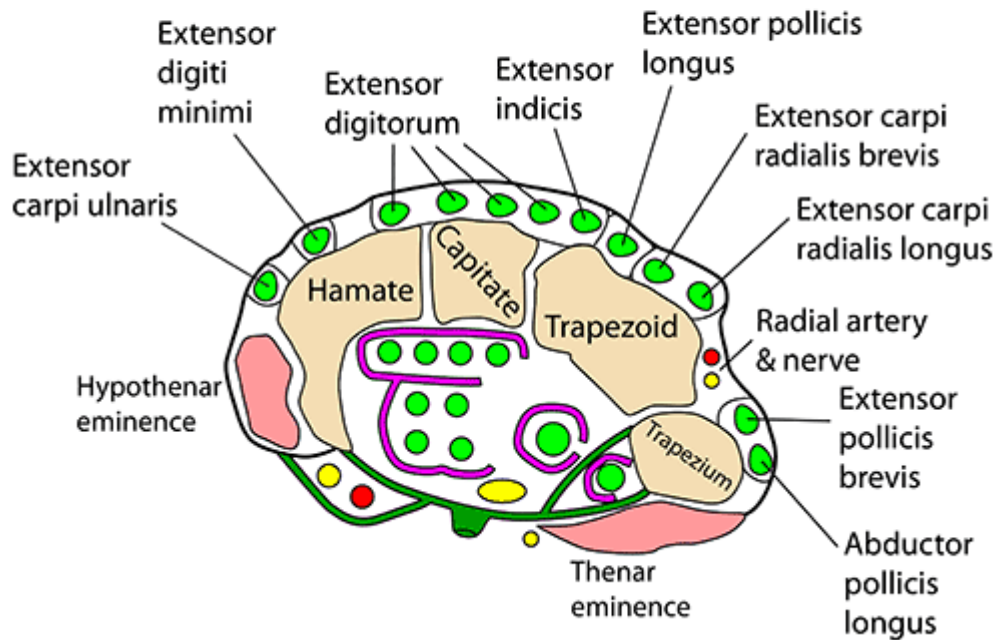
- Ribbon-like band
- Oblique
- 2.5cm wide
- Attached from radial styloid to pisiform & triquetral (NOT ulna)
- Fibrous septa to give 6 compartments



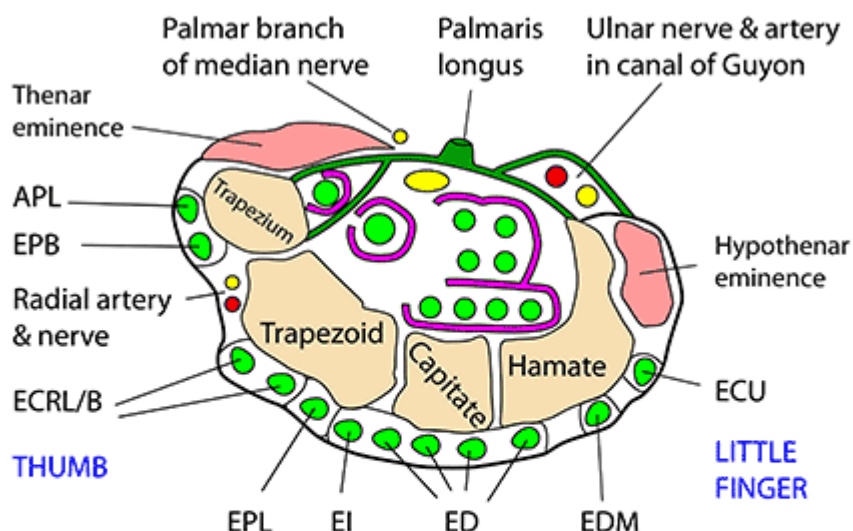
## EXTENSOR TENDON COMPARTMENTS JUST BEYOND THE LEFT EXTENSOR RETINACULUM

LITTLE FINGER

THUMB



## FLEXOR RETINACULUM



**Origin:** Tubercle of scaphoid & ridge of trapezium

**Insertion:** Pisiform & hook of hamate

**Into it:** Palmaris brevis & palmaris longus, palmar aponeurosis

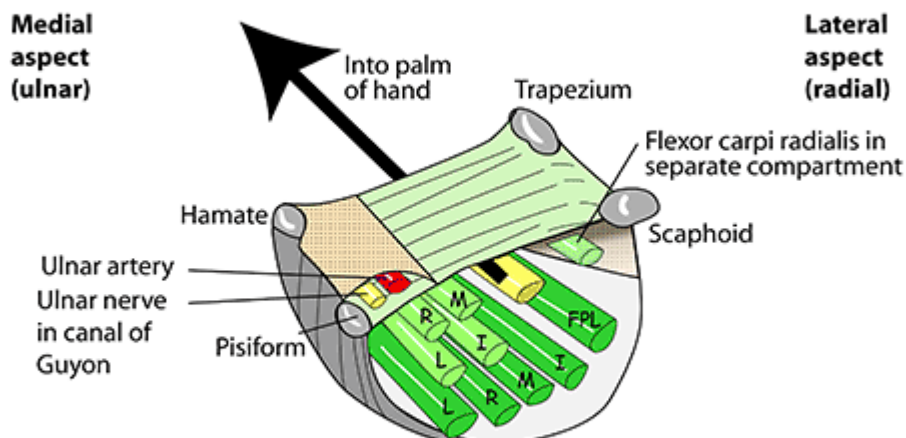
**From it:** Thenor & hypothenar muscles

**Over it:** Ulnar artery & nerve, palmar cutaneous branch of median, palmar branch of radial artery

**Deep to it:** Median nerve & structures on diagram

**Note:** Synovial sheaths open laterally to allow access for small vessels to tendons

## FLEXOR RETINACULUM & CARPAL TUNNEL



### Beneath (deep to) the flexor retinaculum

1. Median nerve
2. 4 tendons of flexor digitorum profundus
3. 4 tendons of flexor digitorum superficialis
4. Tendon of flexor pollicis longus
5. Flexor carpi radialis (in its own compartment)

### Superficial to the flexor retinaculum

1. Ulnar nerve and ulnar artery (in their own tunnel (**Canal of Guyon**))
2. Palmar cutaneous branch of median nerve

## ANTERIOR COMPARTMENT

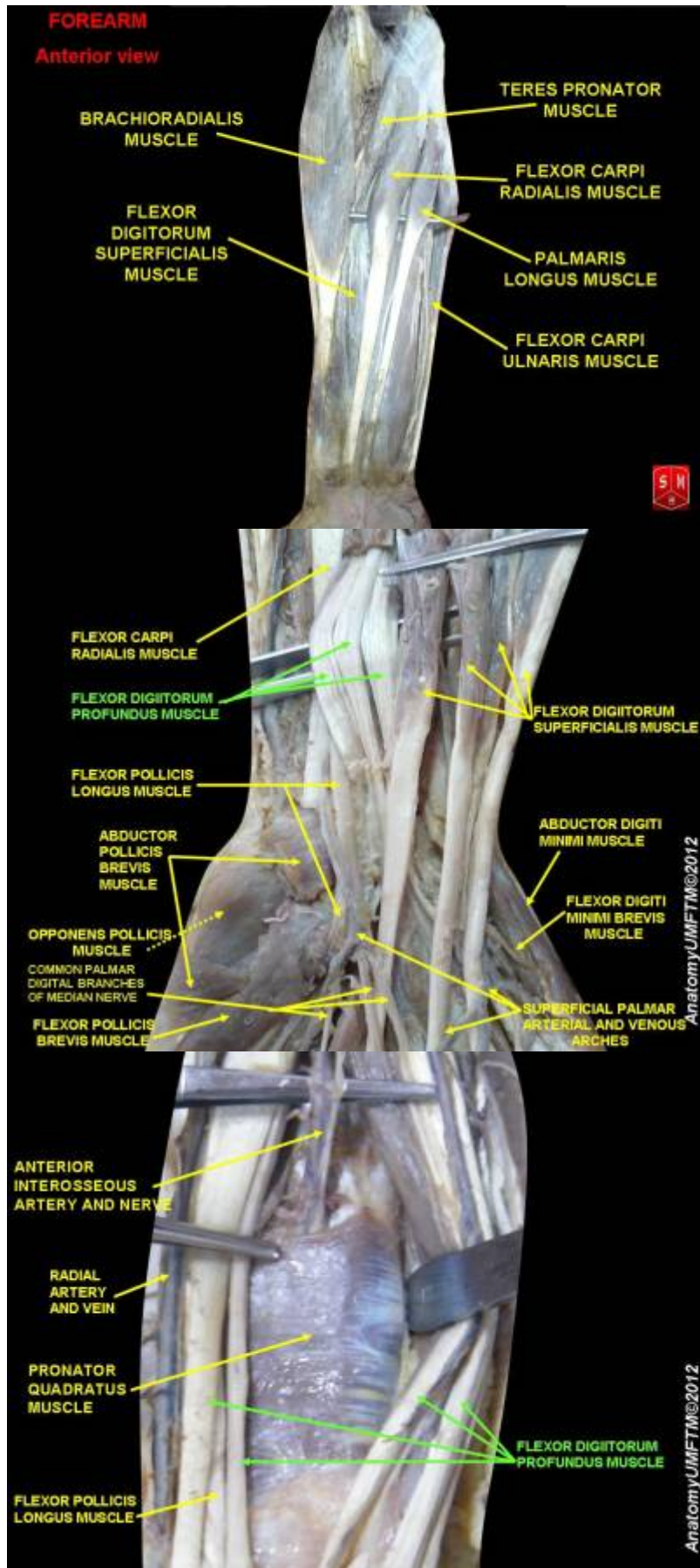
## SUPERFICIAL

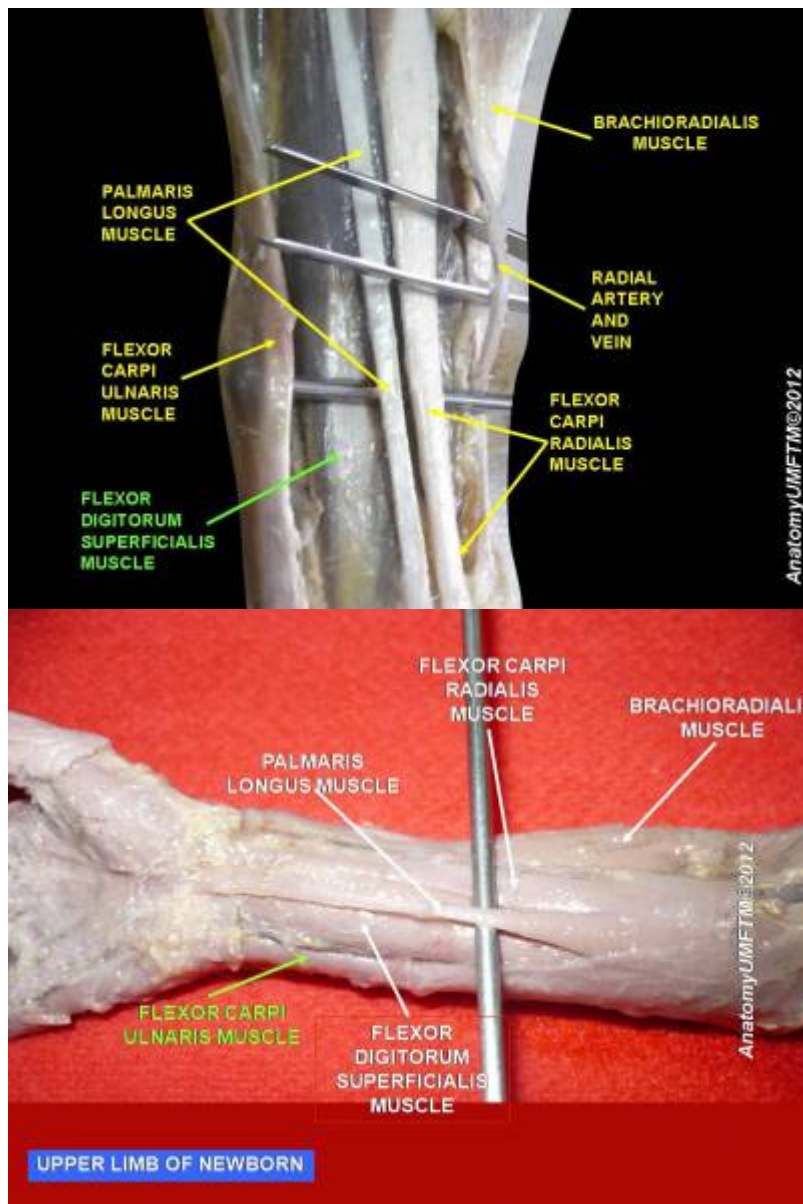
| Muscle                         |                        | Origin                                                                                      | Insertion                                            | Artery                      | Nerve                            | Action                                                        | Antagonist                                                                             |
|--------------------------------|------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------|----------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------------|
| pronator teres                 | गोल अवतानिका           | humeral head: medial epicondyle of humerus (common flexor tendon)                           | pronator tuberosity of <b>radius</b>                 | ulnar artery, radial artery | median nerve                     | pronates forearm, flexes elbow                                | supinator                                                                              |
|                                |                        | ulnar head: coronoid process of <b>ulna</b>                                                 |                                                      |                             |                                  |                                                               |                                                                                        |
| flexor carpi radialis          | बहिर्मणिबंध आकुंचनी    | medial epicondyle of humerus (common flexor tendon)                                         | bases of second metacarpal, base of third metacarpal | radial artery               |                                  | flexes and abducts wrist                                      | extensor carpi radialis brevis, extensor carpi radialis longus                         |
| palmaris longus                | दीर्घ करतलिका          |                                                                                             | palmar aponeurosis                                   | ulnar artery                |                                  | flexes wrist                                                  | extensor carpi radialis brevis, extensor carpi radialis longus, extensor carpi ulnaris |
| flexor carpi ulnaris           | अंतर्मणिबंध आकुंचनी    |                                                                                             | pisiform, hook of hamate, base of fifth metacarpal   |                             | muscular branches of ulnar nerve | flexes and adducts wrist                                      | extensor carpi ulnaris                                                                 |
| flexor digitorum superficialis | उपरस्थि अंगुलि आकुंचनी | medial epicondyle of humerus (common flexor tendon), parts of <b>radius</b> and <b>ulna</b> | bases of middle phalanges 2, 3, 4, and 5             |                             | median nerve                     | flexes fingers (primarily at proximal interphalangeal joints) | extensor digitorum                                                                     |

## DEEP

| Muscle                     |                       | Origin                                                                | Insertion                                 | Artery                       | Nerve                                                     | Action                                      | Antagonist                                         |
|----------------------------|-----------------------|-----------------------------------------------------------------------|-------------------------------------------|------------------------------|-----------------------------------------------------------|---------------------------------------------|----------------------------------------------------|
| pronator quadratus         | चतुरस्र अवतानिका      | medial anterior surface of <b>ulna</b>                                | lateral anterior surface of <b>radius</b> | anterior interosseous artery | anterior interosseous nerve (median nerve)                | weakly pronates forearm                     | supinator                                          |
| flexor digitorum profundus | गभीर अंगुलि आकुंचनी   | <b>ulna</b>                                                           | distal phalanges                          |                              | lateral belly: anterior interosseous nerve (median nerve) | flexes wrist, flexes interphalangeal joints | extensor digitorum                                 |
|                            |                       |                                                                       |                                           |                              | medial belly: muscular branches of <b>ulna nerve</b>      |                                             |                                                    |
| flexor pollicis longus     | दीर्घ अंगुष्ठ आकुंचनी | middle half of volar surface of <b>radius</b> , interosseous membrane | base of distal phalanx of thumb           |                              | anterior interosseous nerve (median nerve) (C8, T1)       | flexes thumb                                | extensor pollicis longus, extensor pollicis brevis |

## DISSECTION





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