

FLEXOR COMPARTMENT OF FOREARM

Antebrachial muscles- Flexors and extensors

Antebrachial fascia- developed better distally, posteriorly

continuous brachial fascia

attached olecranon, posterior border ulna

strengthened- biceps & triceps

localised thickenings- retinacula (Flexor &
Extensor)

Antebrachial muscles- Superficial

Deep

Superficial Flexors-

Pronator teres

Flexor carpi radialis

Palmaris longus

Flexor digitorum superficialis

Flexor carpi ulnaris

Deep Flexors-

Flexor pollicis longus

Flexor digitorum profundus

Pronator quadratus

Pronator teres

Origin- Humeral head

Ulnar head

Median nerve between heads

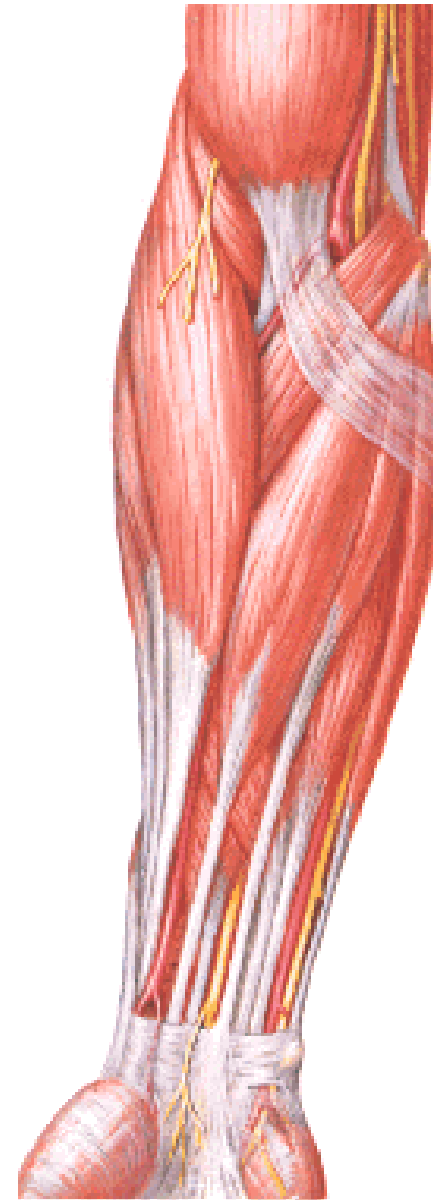
Medial limit cubital fossa

Insertion- lateral surface radius

Nerve supply- Median nerve C6,7

Action- Pronation

weak cubital flexion



Flexor carpi radialis-

Origin- common flexor origin

Traverses a canal roofed by flexor retinaculum, floor by trapezium

Insertion- palmar surface base second metacarpal, also third metacarpal

Nerve supply- median nerve- C6,7

Action- Flexion at wrist

abduction at wrist



Palmaris longus-

Origin- common flexor origin

Slender, fusiform, may be absent

Tendon anterior to flexor retinaculum

Insertion- fuses distal part anterior surface flexor
retinaculum

palmar aponeurosis

Nerve supply- median nerve C7,8

Action- flexion at wrist

tensor palmar fascia



Flexor digitorum superficialis

Origin- humero-ulnar head- common flexor,
ulnar collateral ligament, IMS, medial border
coronoid process

radial head- oblique line

Passes deep to flexor retinaculum

Arranged in pairs

Enter fibrous flexor sheaths

Insertion- middle phalanx

Nerve supply – median nerve C8,T1

Action- flexion of all joints it passes over



Flexor carpi ulnaris

Origin- humeral head – common flexor

ulnar head- medial margin olecranon, posterior border ulna

Insertion- pisiform bone-extensions pisohamate, pisometacarpal ligaments

Ulnar nerve deep to tendinous arch

Nerve supply- ulnar nerve C7,8 T1

Action- flexion at wrist

adduction at wrist



Flexor digitorum profundus

Origin- ulna- anterior & medial surface upper one third, medial side coronoid process, posterior border ulna, anterior surface interosseous membrane

Four tendons deep to flexor retinaculum & FDS

Tendon of index finger separate

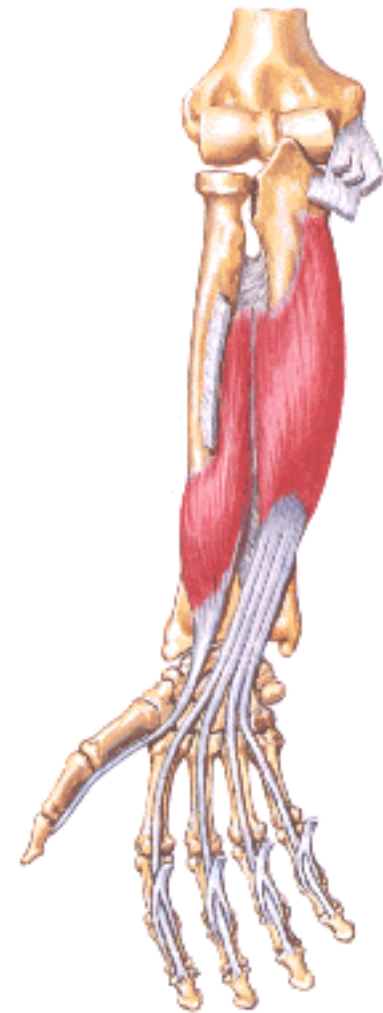
Insertion- anterior aspect base of distal phalanx

Nerve supply- ulnar nerve- medial half

median nerve- lateral half C8, T1

Action – flexes all joints over which it passes

only muscle flexing DIP



Flexor pollicis longus

Origin- anterior surface radius, interosseous membrane, coronoid process

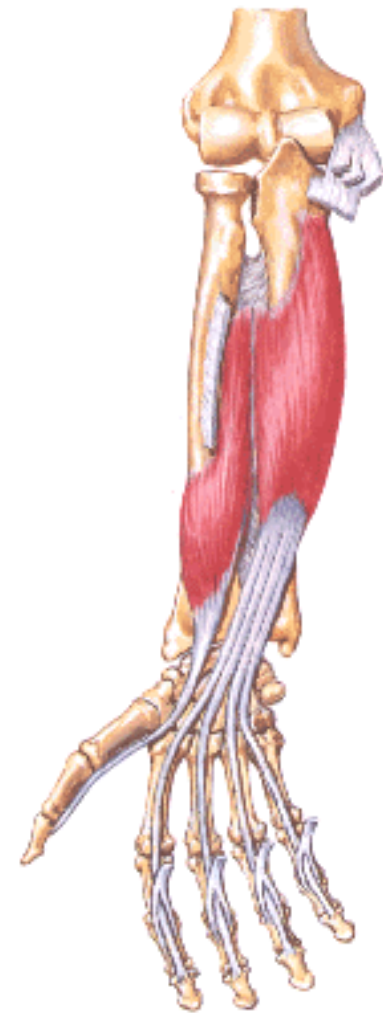
Passes behind flexor retinaculum

Insertion- enters synovial sheath

palmar surface base distal phalanx

Nerve supply- anterior interosseous branch median nerve

Action – flexes IP joints



Pronator quadratus

Origin- oblique ridge ulna, anterior surface ulna

Insertion- distal one- fourth anterior border & surface radius

Nerve supply- anterior interosseous nerve C8, T1

Action- principal pronator,
deep fibres prevent lower ends from separation

