

flexor carpi ulnaris (tendon)

flexor carpi radialis (tendon)

palmaris longus (tendon)

flexor digitorum superficialis (tendons)

flexor carpi radialis (belly)

brachioradialis

pronator teres

bicipital aponeurosis

biceps brachii

flexor digitorum superficialis (belly)



- lower lateral brachial cutaneous n.
- biceps brachii
- brachialis
- triceps (lateral head)
- lateral antebrachial cutaneous n.
- radial n.
- lateral intermuscular septum
- brachioradialis
- extensor carpi radialis longus
- deep branch of radial n.
- biceps brachii (tendon)
- median n.
- radial a.
- pronator teres (superficial head)
- superficial branch of radial n.
- extensor carpi radialis brevis
- Probe indicates median n. as it passes between deep and superficial heads of pronator teres.
- pronator teres (deep head)
- superficial branch of radial n.
- flexor carpi radialis
- brachioradialis

PRONATOR TERES

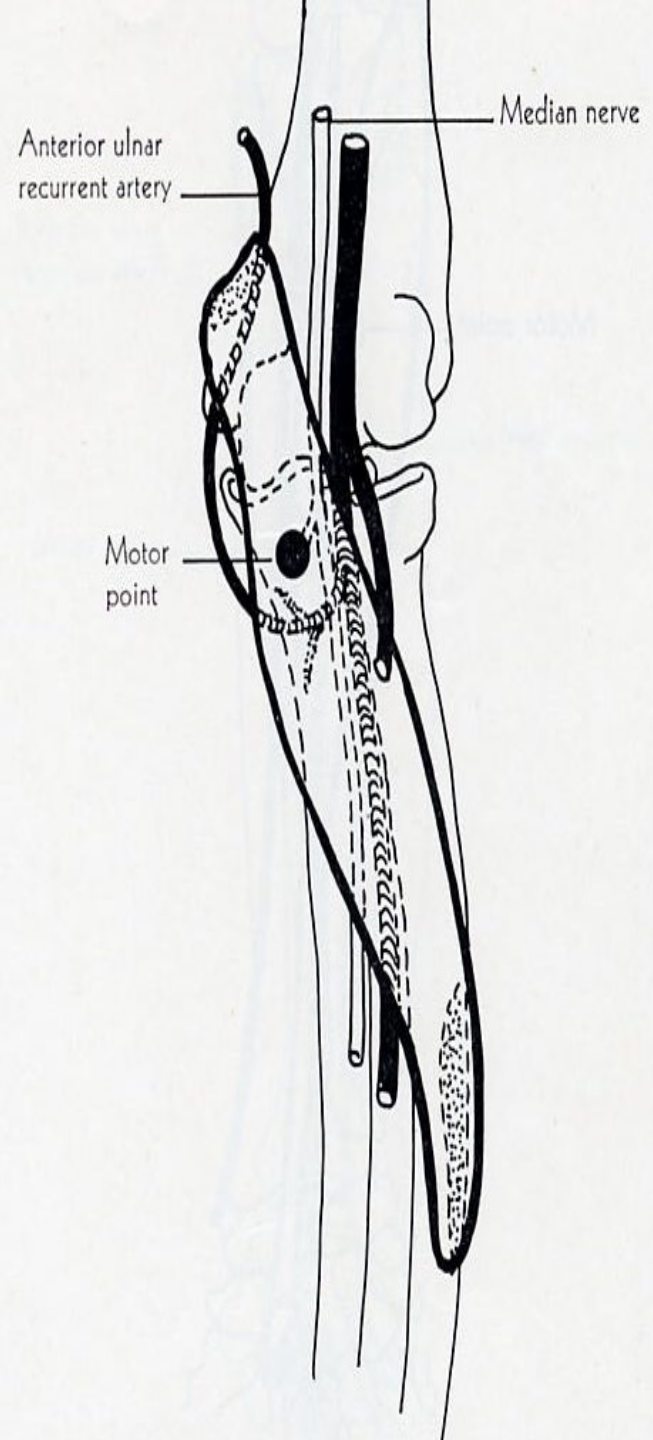
ORIGIN: medial head from medial epicondylar ridge of humerus and common flexor tendon, ulnar head from medial side of coronoid process of ulna.

INSERTION: middle of lateral surface of radius

ACTION: pronates forearm

NERVE: median

ROOT: C6, C7 mainly C6 but may have C7 dominance





palmaris longus (tendon)

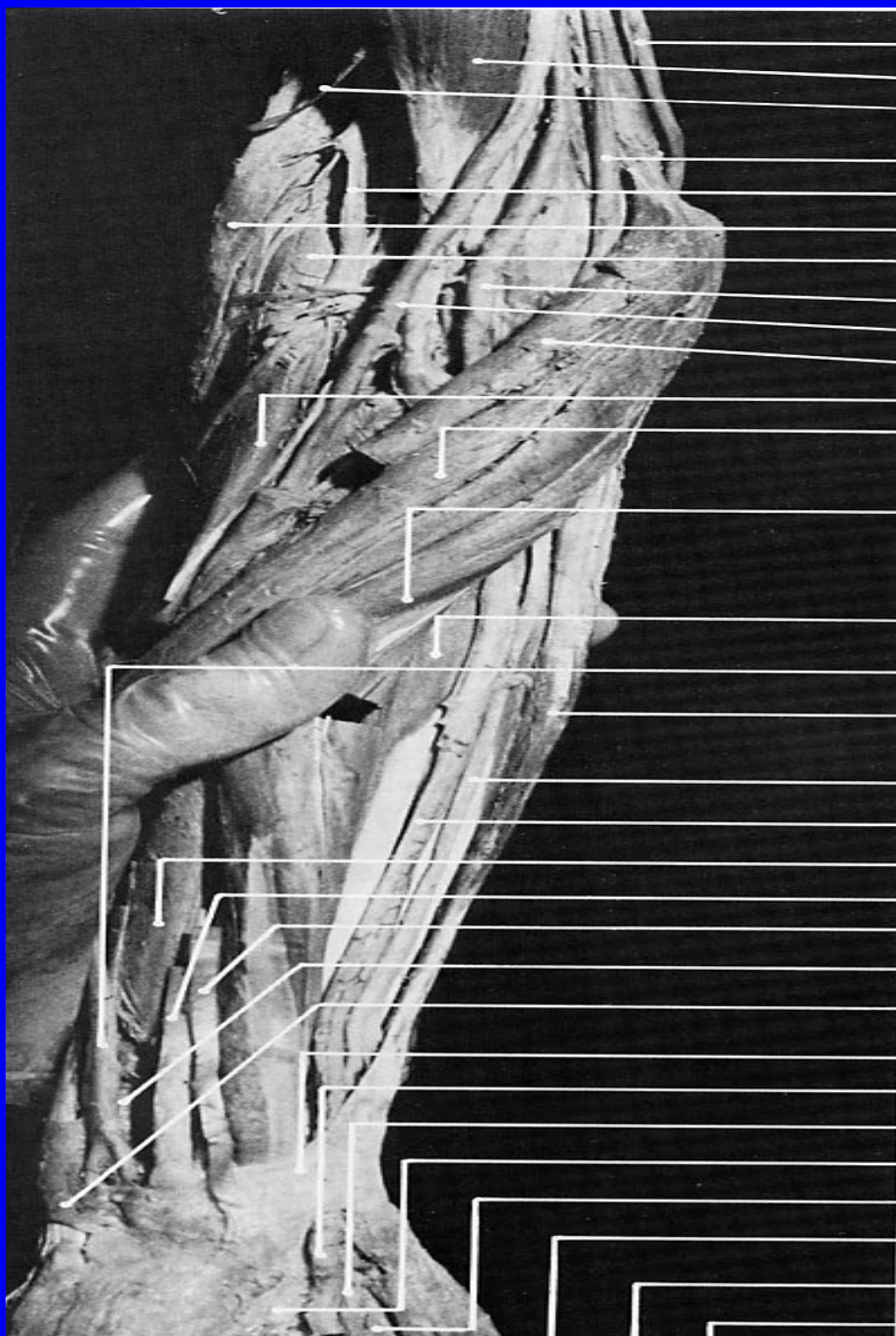
flexor carpi radialis (tendo

brachioradialis

flexor carpi radialis (belly)

pronator teres

bicipital aponeurosis



ulnar n.
biceps brachii
lateral antebrachial cutaneous. n.

ulnar a.
radial n.
brachioradialis
extensor carpi radialis longus
median n.

radial a.
pronator teres
extensor carpi radialis longus
flexor carpi radialis

flexor digitorum superficialis
(reflected to expose deep side)

flexor digitorum profundus

radial a.

flexor carpi ulnaris

ulnar n.

ulnar a.

flexor pollicis longus
flexor carpi radialis (tendon) (transected)
palmaris longus (tendon) (transected)

pronator quadratus

extensor retinaculum

variant slip from flexor carpi
ulnaris (tendon) to flexor retinaculum
ulnar a.

ulnar n.

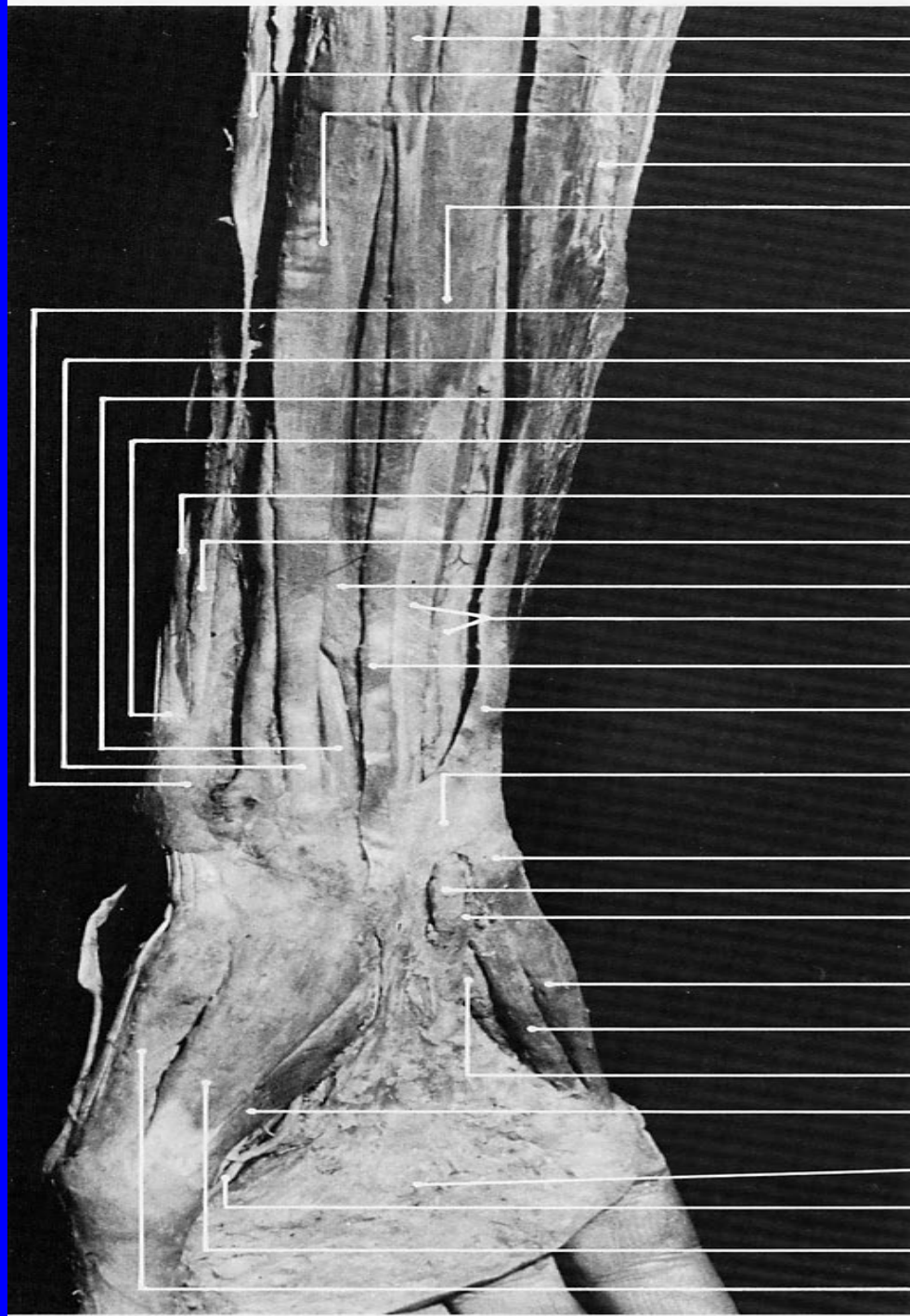
flexor retinaculum

opponens digiti minimi

recurrent branch of median n. to thenar
muscles

flexor digiti minimi

abductor digiti minimi



- palmaris longus
- brachioradialis
- flexor carpi radialis (belly)
- flexor carpi ulnaris (belly)
- flexor digitorum superficialis (belly)
- lateralmost portion of extensor retinaculum
- flexor carpi radialis (tendon)
- median n.
- extensor carpi radialis longus (tendon)
- extensor carpi radialis brevis (part of belly)
- brachioradialis (tendon)
- flexor digitorum superficialis (belly)
- flexor digitorum superficialis (tendons)
- palmaris longus (tendon)
- flexor carpi ulnaris (tendon)
- variant slip of flexor carpi ulnaris (tendon) to flexor retinaculum
- pisiform
- ulnar a.
- deep branch of ulnar n. } in Guyon's can.
- abductor digiti minimi
- flexor digiti minimi
- opponens digiti minimi
- flexor pollicis brevis
- palmar aponeurosis
- cutaneous branch of median n. to thumb
- abductor pollicis brevis
- opponens pollicis

FLEXOR CARPI RADIALIS

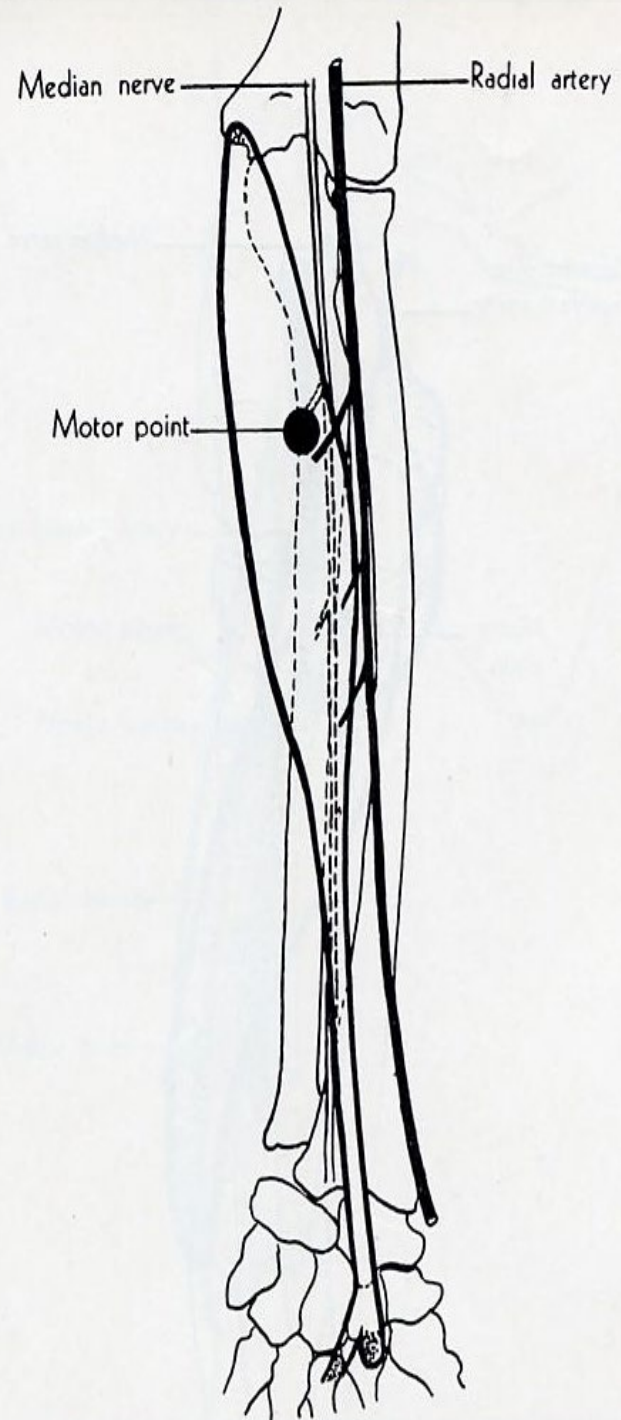
ORIGIN: common flexor tendon from medial epicondyle of humerus.

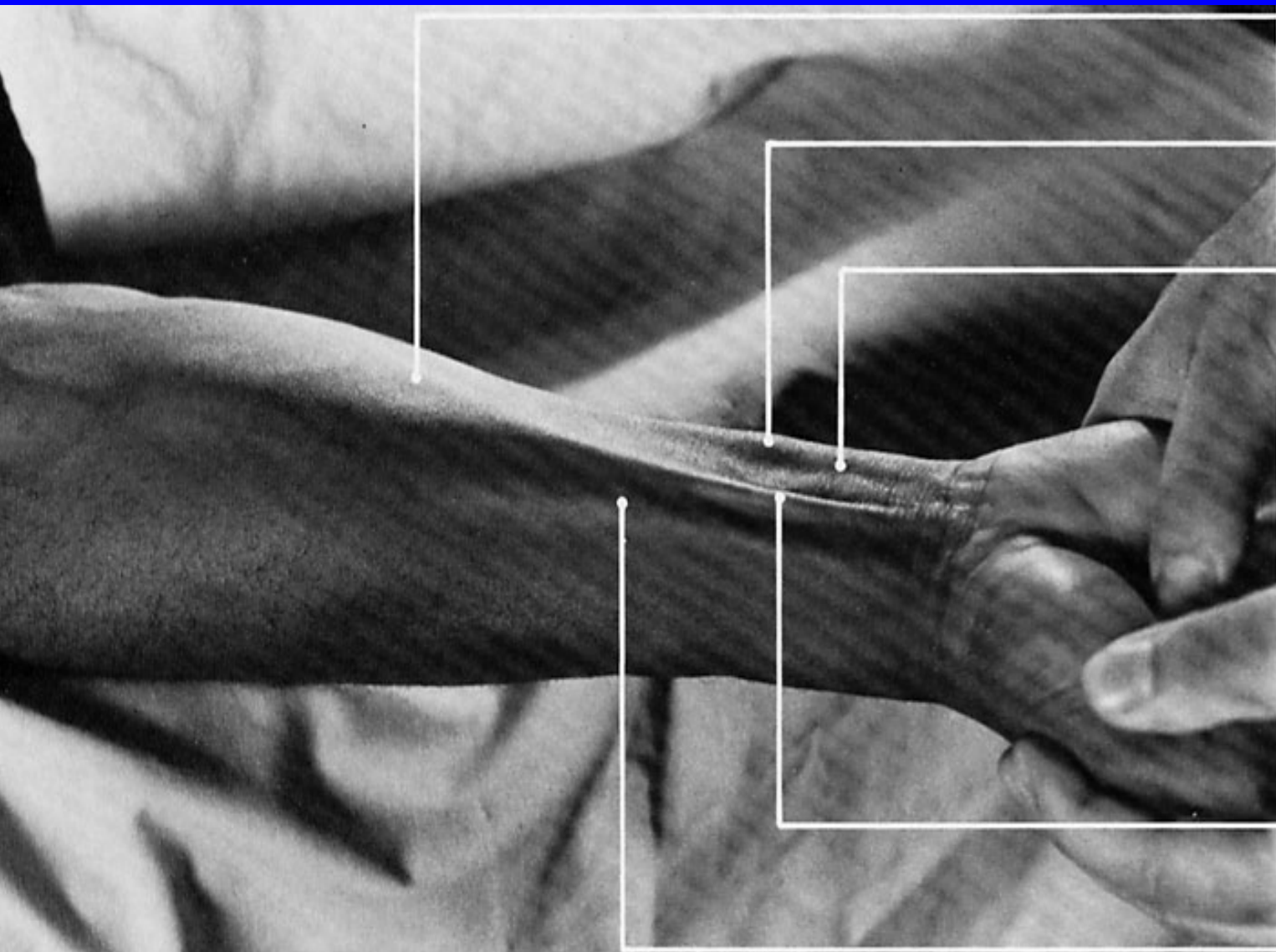
INSERTION: base of 2nd and 3rd metacarpal bones.

ACTION: flexes wrist, assists in pronating and abducting hand, flexes elbow.

NERVE: median

ROOT: C6, C7 mainly C7.





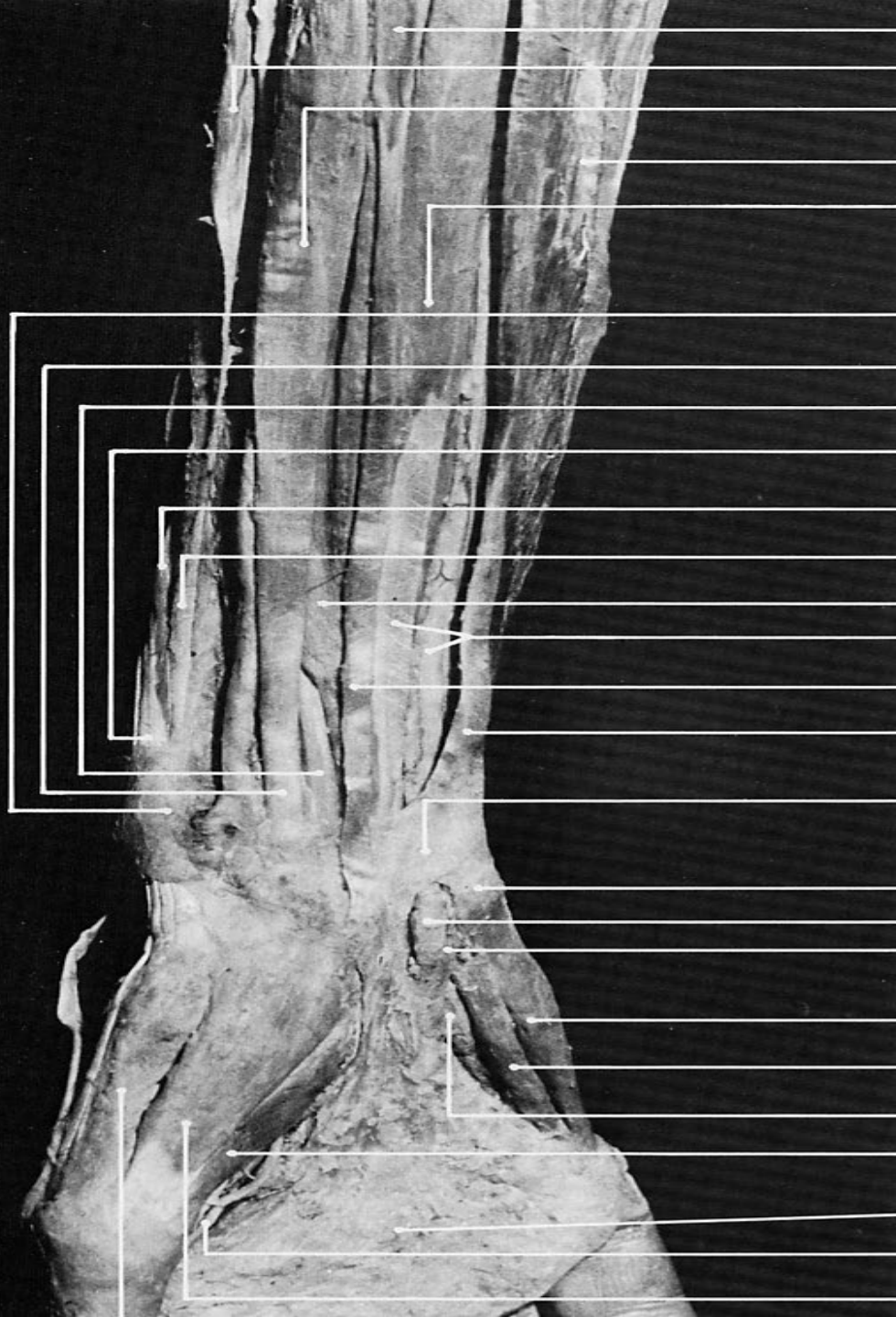
superficialis (belly)

flexor carpi ulnaris
(tendon)

**flexor digitorum
superficialis (tendon)**

palmaris longus
(tendon)

flexor carpi radialis



- palmaris longus
- brachioradialis
- flexor carpi radialis (belly)
- flexor carpi ulnaris (belly)
- flexor digitorum superficialis (belly)
- lateralmost portion of extensor retinaculum
- flexor carpi radialis (tendon)
- median n.
- extensor carpi radialis longus (tendon)
- extensor carpi radialis brevis (part of belly)
- brachioradialis (tendon)
- flexor digitorum superficialis (belly)
- flexor digitorum superficialis (tendons)
- palmaris longus (tendon)
- flexor carpi ulnaris (tendon)
- variant slip of flexor carpi ulnaris (tendon) to flexor retinaculum
- pisiform
- ulnar a. } in Guyon's
- deep branch of ulnar n. }
- abductor digiti minimi
- flexor digiti minimi
- opponens digiti minimi
- flexor pollicis brevis
- palmar aponeurosis
- cutaneous branch of median n. to thumb
- abductor pollicis brevis

FLEXOR DIGITORUM SUPERFICIALIS

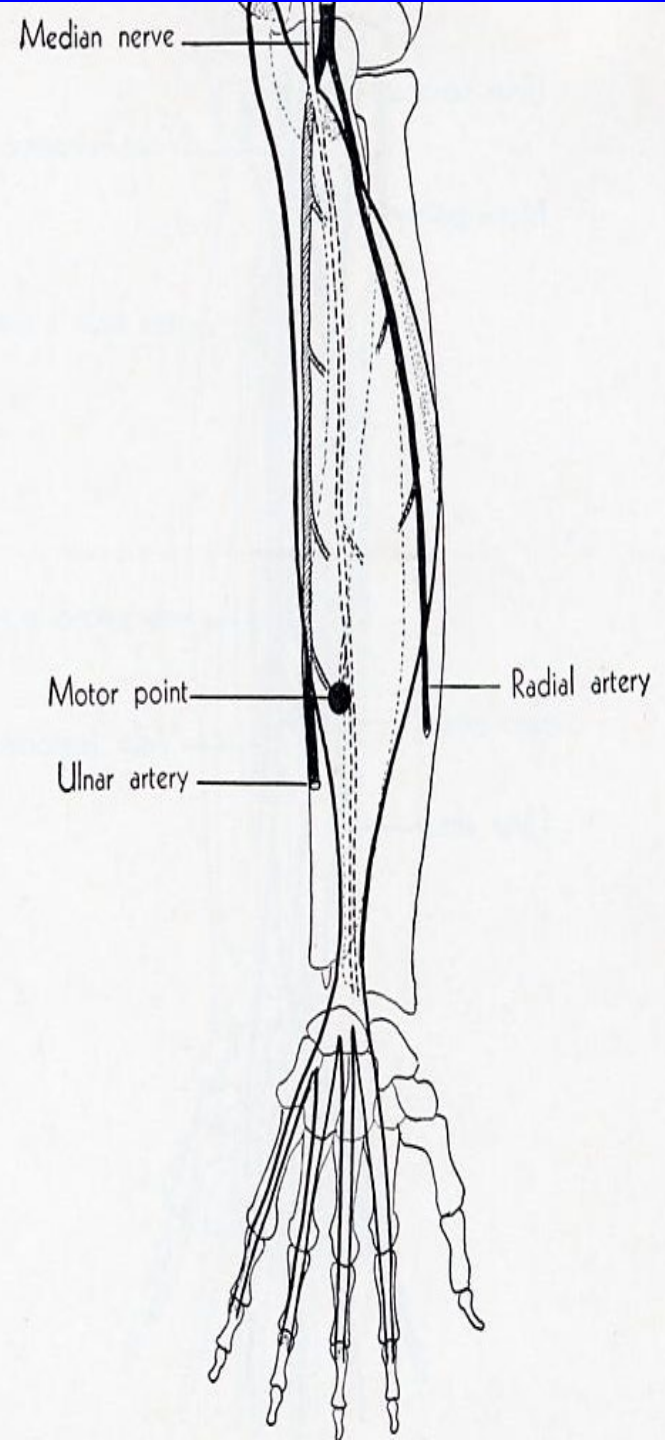
ORIGIN: humeral head from common flexor tendon from medial epicondyle of humerus; ulnar head from coronoid process of ulna; radial head from oblique line of radius

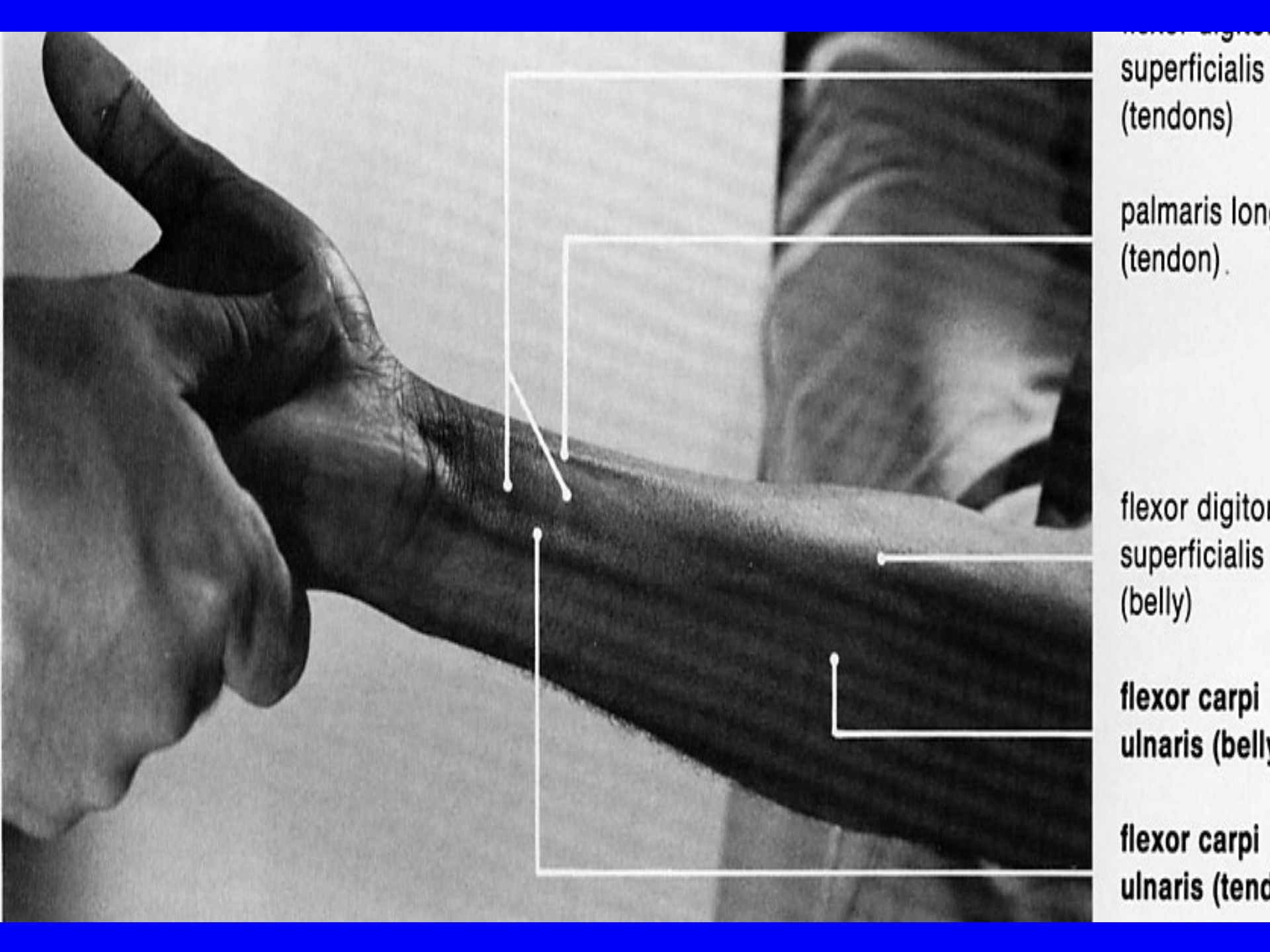
INSERTION: margins of palmar surface of middle phalanx of medial 4 digits.

ACTION: flexes middle and proximal phalanges of medial 4 digits, aids in wrist and elbow flexion.

NERVE: median

ROOT: C7-T1 mainly C8.





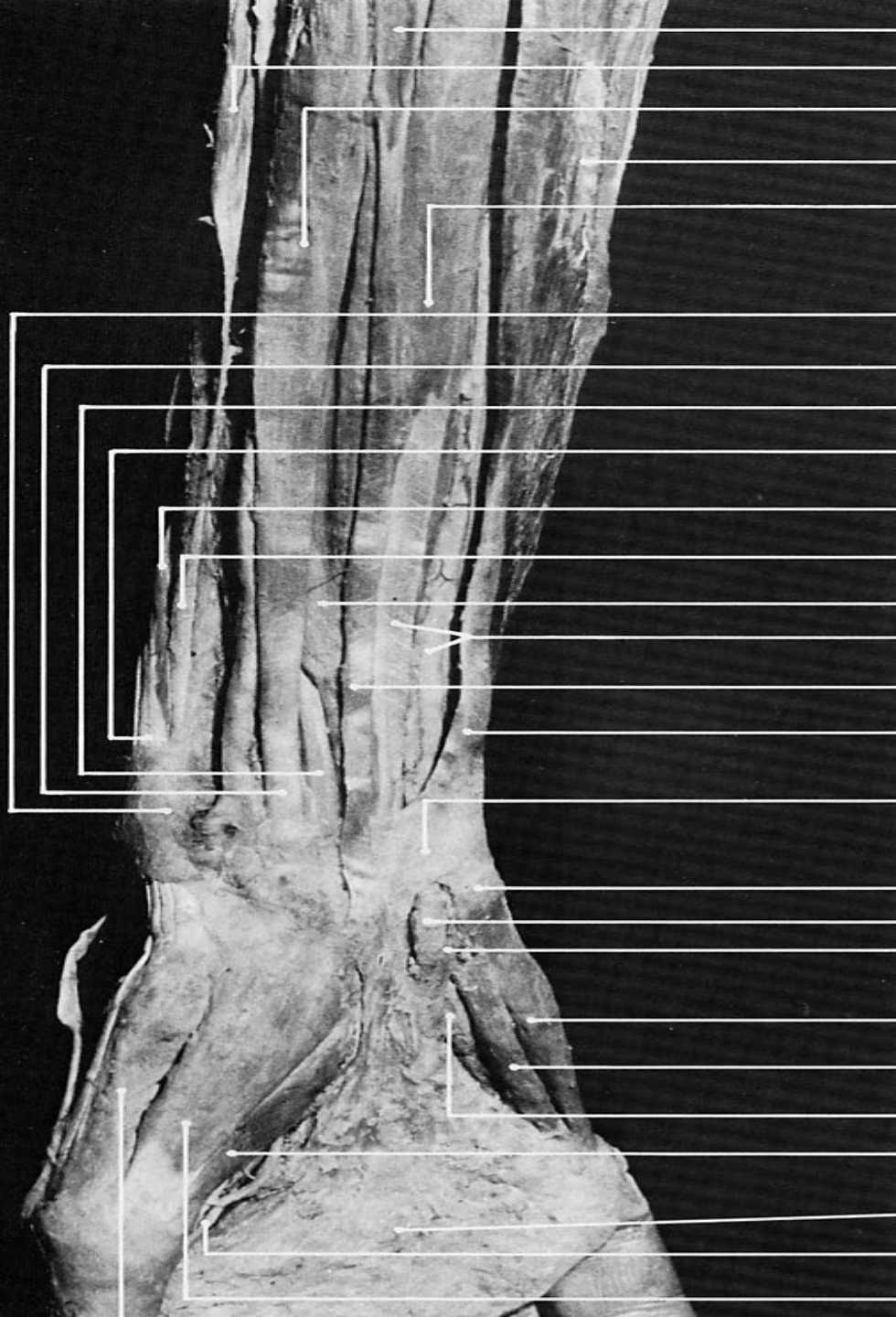
superficialis
(tendons)

palmaris longus
(tendon).

flexor digitorum
superficialis
(belly)

flexor carpi
ulnaris (belly)

flexor carpi
ulnaris (tendon)



- palmaris longus
- brachioradialis
- flexor carpi radialis (belly)
- flexor carpi ulnaris (belly)
- flexor digitorum superficialis (belly)
- lateralmost portion of extensor retinaculum
- flexor carpi radialis (tendon)
- median n.
- extensor carpi radialis longus (tendon)
- extensor carpi radialis brevis (part of belly)
- brachioradialis (tendon)
- flexor digitorum superficialis (belly)
- flexor digitorum superficialis (tendons)
- palmaris longus (tendon)
- flexor carpi ulnaris (tendon)
- variant slip of flexor carpi ulnaris (tendon) to flexor retinaculum
- pisiform
- ulnar a. } in Guyon's
- deep branch of ulnar n. }
- abductor digiti minimi
- flexor digiti minimi
- opponens digiti minimi
- flexor pollicis brevis
- palmar aponeurosis
- cutaneous branch of median n. to thumb
- abductor pollicis brevis

FLEXOR CARPI ULNARIS

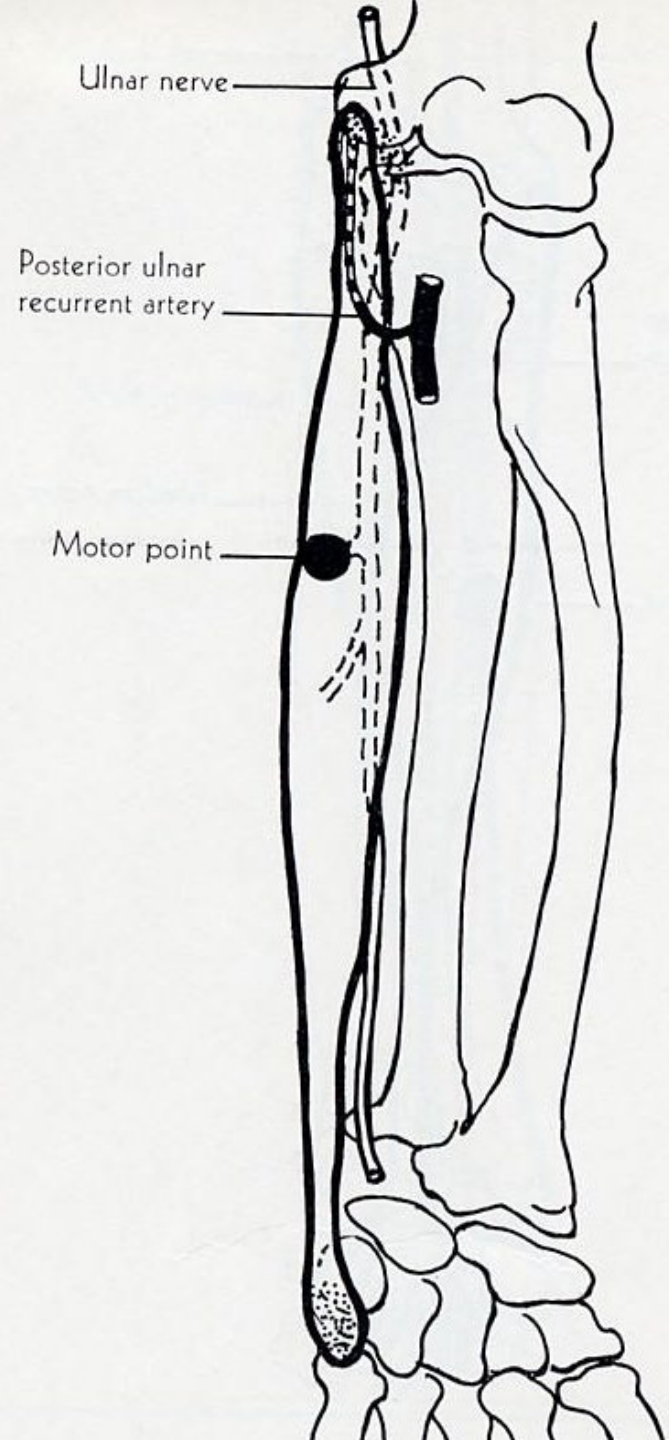
ORIGIN: humeral head from the common flexor tendon from medial epicondyle of humerus; ulnar head from olecranon and dorsal border of ulna.

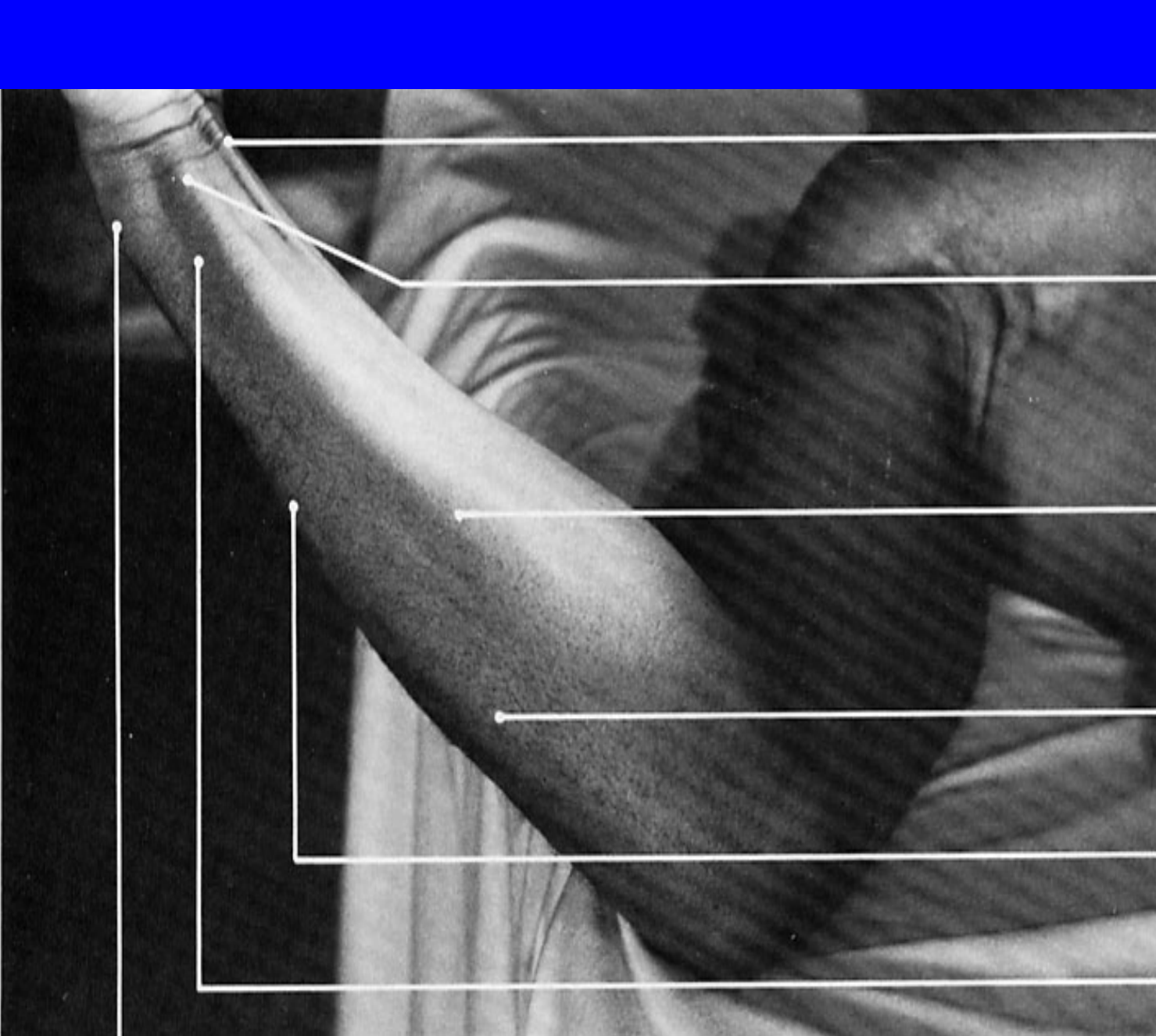
INSERTION: pisiform, hamate, 5th metacarpal bones.

ACTION: flexes wrist and assists in adducting it.

NERVE: ulnar

ROOT: C7, C8 mainly C8.



A black and white anatomical photograph of a human forearm, showing the muscles and tendons. The forearm is flexed at the elbow. A vertical line on the left side of the image indicates the location of the pronator quadratus muscle. Several horizontal lines with small dots at their ends point to specific anatomical features: the palmaris longus tendon near the wrist, the flexor carpi ulnaris tendon and belly, the flexor digitorum profundus muscle, and the dorsal border of the ulna. A label at the bottom right points to the pin insertion site for the pronator quadratus muscle.

palmaris longus
(tendon)

flexor carpi
ulnaris (tendon)

flexor carpi
ulnaris (belly)

**flexor digitorum
profundus**

dorsal border
of ulna

pin insertion site
for pronator quadratus



- flexor carpi radialis (belly transected and reflected upward)
- ulnar n.
- ulnar a. overlapping ulnar n.
- flexor digitorum profundus
- anterior interosseous v.
- flexor carpi ulnaris
- anterior interosseous a.
- anterior interosseous n.
- flexor pollicis longus
- median n.
- anterior interosseous v.
- interosseous membrane
- flexor digitorum superficialis (transected distal belly)
- pronator quadratus
- anterior interosseous n.
- radial a.
- palmaris longus (tendon) (belly transected)
- flexor carpi radialis (tendon) (belly transected)
- anterior carpal ligament
- brachioradialis

FLEXOR DIGITORUM PROFUNDUS

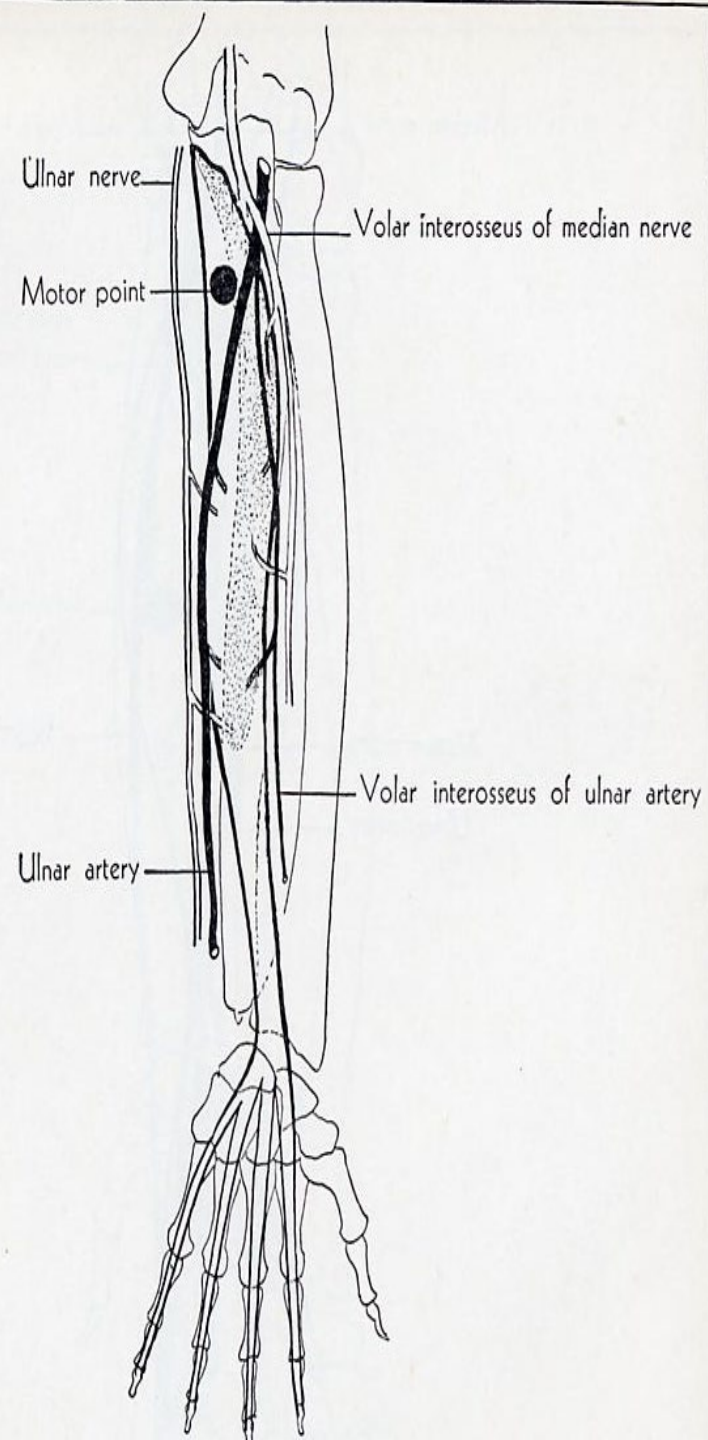
ORIGIN: medial and anterior surface of ulna, interosseous membrane, deep fascia of forearm.

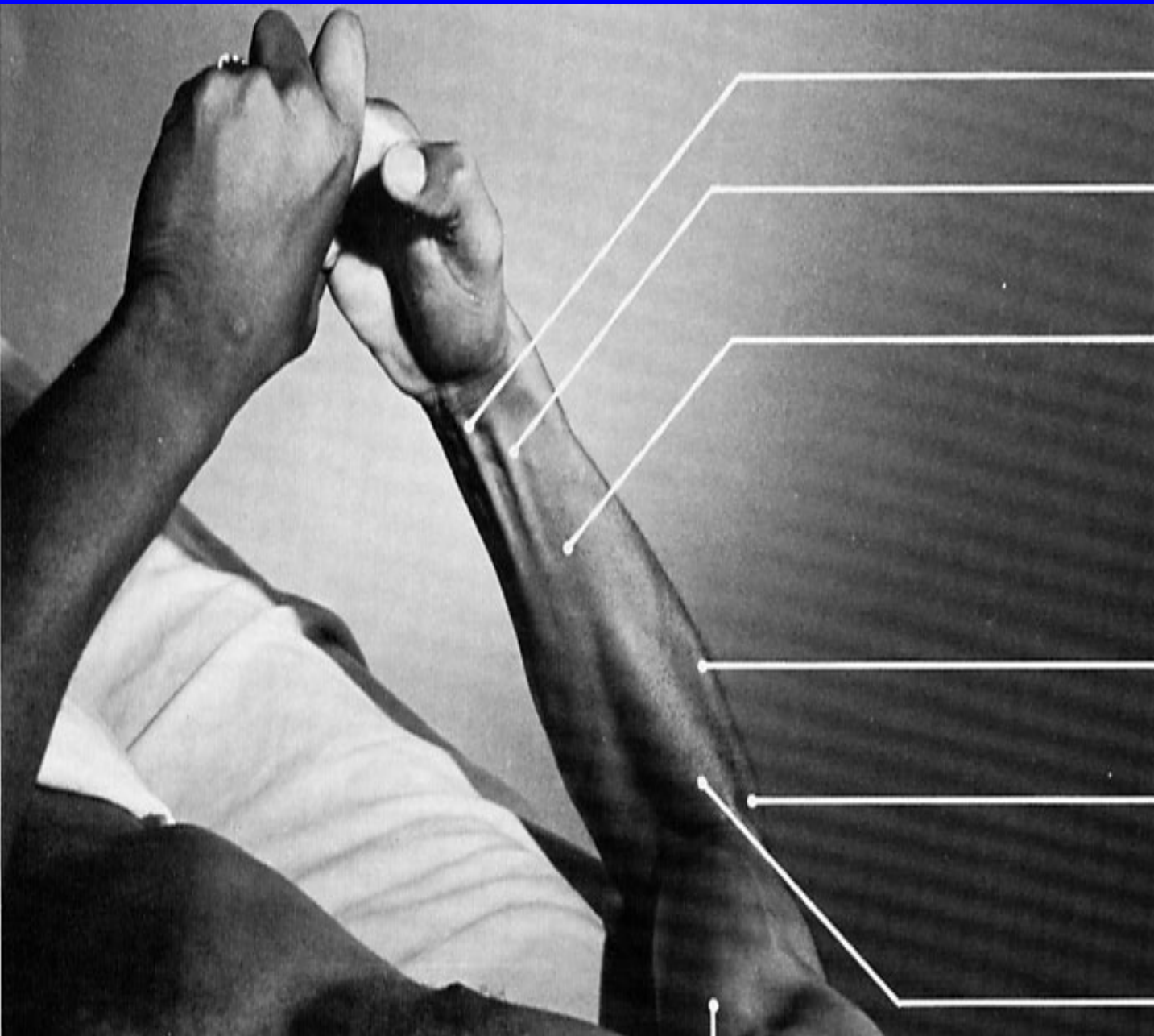
INSERTION: distal phalanges of medial 4 digits

ACTION: flexes distal phalanges of medial 4 digits after flexor digitorum superficialis flexes middle phalanges, aids in wrist flexion.

NERVE: ulnar

ROOT: C8, T1 mainly C8.





palmaris longus (tendon)

flexor carpi radialis
(tendon)

pin insertion site for
flexor pollicis longus

extensor carpi
radialis brevis

extensor carpi
radialis longus

brachioradialis



- flexor carpi radialis (belly transected and reflected upward)
- ulnar n.
- ulnar a. overlapping ulnar n.
- flexor digitorum profundus
- anterior interosseous v.
- flexor carpi ulnaris
- anterior interosseous a.
- anterior interosseous n.
- flexor pollicis longus
- median n.
- anterior interosseous v.
- interosseous membrane
- flexor digitorum superficialis (transected distal belly)
- pronator quadratus
- anterior interosseous n.
- radial a.
- palmaris longus (tendon) (belly transected)
- flexor carpi radialis (tendon) (belly transected)
- anterior carpal ligament
- brachioradialis

FLEXOR POLLICIS LONGUS

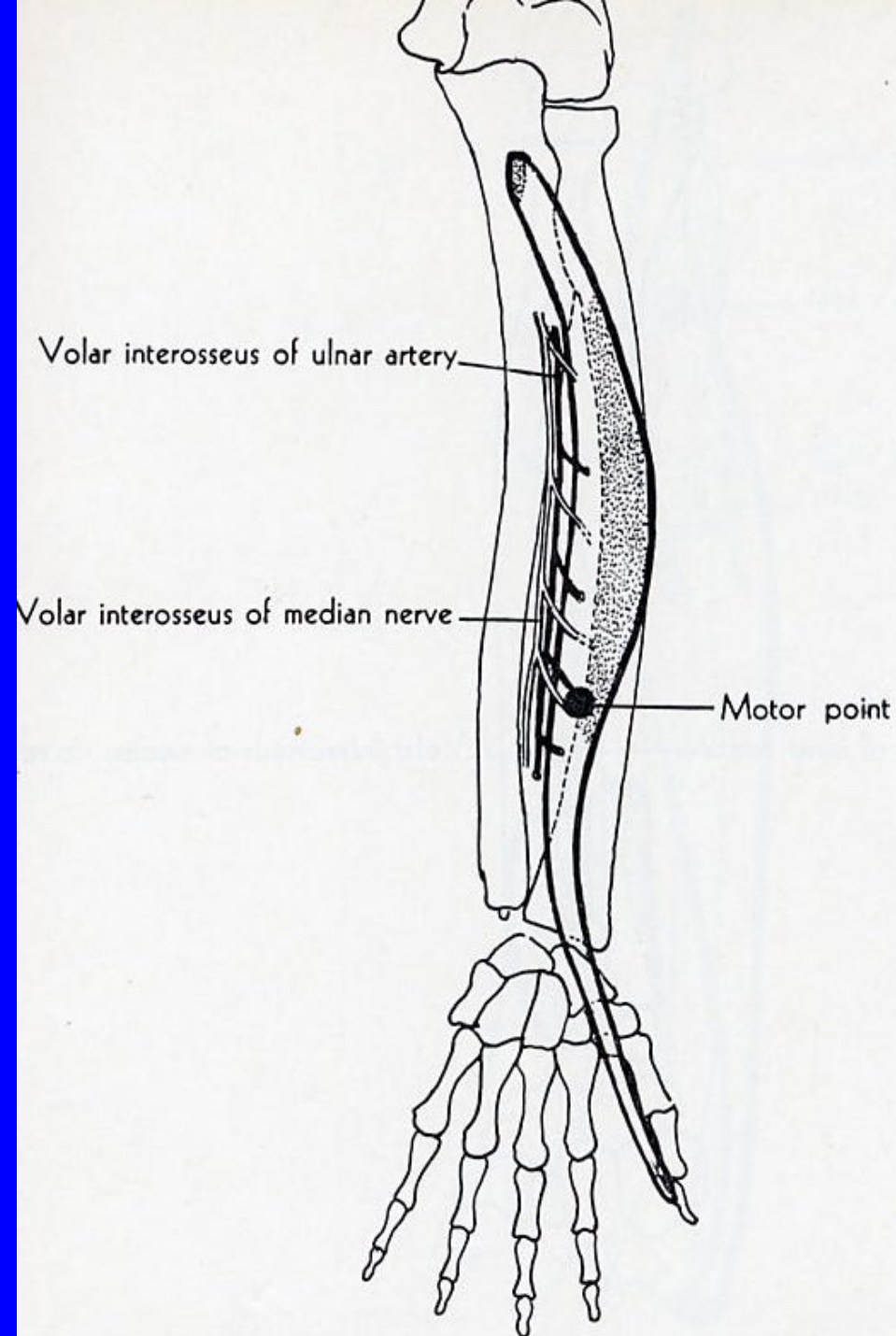
ORIGIN: volar surface of radius, adjacent interosseous membrane, medial border of coronoid process of ulnar.

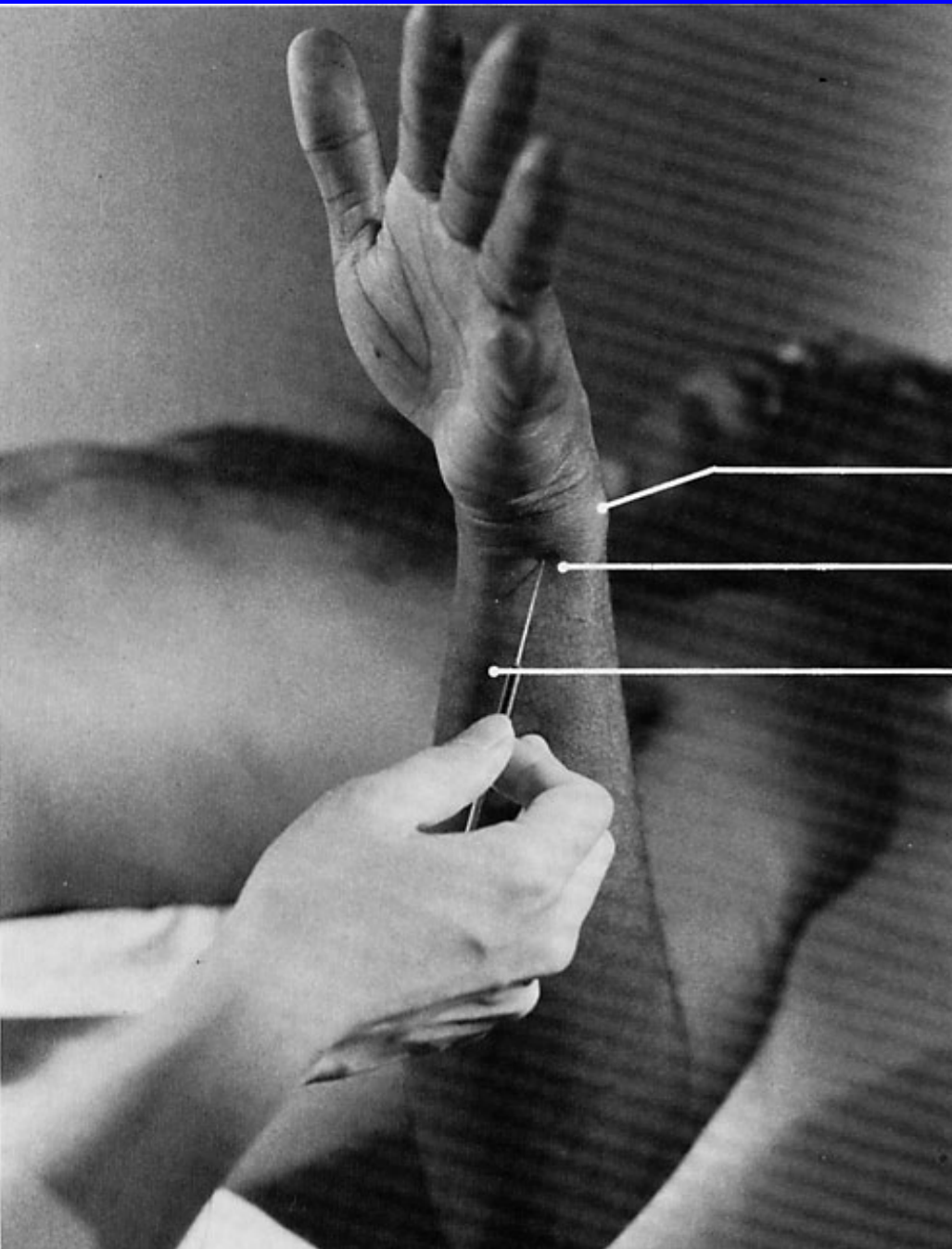
INSERTION: base of distal phalanx of thumb on palmar surface.

ACTION: flexes thumb

NERVE: anterior interosseous nerve

ROOT: C8, T1 mainly C8





head of ulna

pin insertion site for **pronator quadratus**,
2 cm proximal to prominence of head of ulna

flexor carpi ulnaris (tendon)



flexor carpi radialis (belly transected and reflected upward)

ulnar n.

ulnar a. overlapping ulnar n.

flexor digitorum profundus

anterior interosseous v.

flexor carpi ulnaris

anterior interosseous a.

anterior interosseous n.

flexor pollicis longus

median n.

anterior interosseous v.

interosseous membrane

flexor digitorum superficialis (transected distal belly)

pronator quadratus

anterior interosseous n.

radial a.

palmaris longus (tendon) (belly transected)

flexor carpi radialis (tendon) (belly transected)

anterior carpal ligament

brachioradialis

PRONATOR QUADRATUS

ORIGIN: distal fourth of volar surface of ulna.

INSERTION: distal fourth of lateral border on volar surface of radius.

ACTION: pronates forearm.

NERVE: anterior interosseous nerve.

ROOT: C8, T1 mainly C8.

