



Upper Limb - Important Notes

Flexor Retinaculum

Attachment:

Pisiform + Hamate

Scaphoid + Trapezium

Structure passing deep to it:

(pale bubble II)

Structure passing superficial to it:

(على شكل MCQ)

Carpal Tunnel - Anatomy (WQ)

1. Flexor Carpi Radialis Tendon
2. Flexor Pollicis Longus Tendon
3. Median Nerve
4. Flexor Digitorum Superficialis + Profundus Tendons
5. Synovial Sheath around tendons

Attachment:

ضمن الإجابة



MR Carpal Tunnel Syndrome (Case):

المتلازمة الوحيدة لو كانت + Pisiform

Extensor Retinaculum

Attachment:

Misylord process + Triquetrum

Lied Radius

Veins:

Basilic vein

Cephalic vein (L)

6 Compartments

47 Radius 2 whar (MOP)

Nerve Supply

Anterior interosseous → branch of Median nerve

Posterior interosseous → branch of Radial nerve

All thenar muscles supplied by Median nerve

Except:

Lumbricals from → Flexor Digitorum

Nerve Supply:



1st & 2nd → Median Nerve

3rd & 4th → Ulnar Nerve

Joint Actions

Flexion & Extension:

Interphalangeal joints

Metacarpophalangeal joints

Carpometacarpal joints

Muscles Involved in Writing Position (WQ/HQ)

1. Lumbricals
2. Dorsal Interossei
3. Palmar Interossei

Nerve responsible for writing position:

Ulnar nerve (MCB)

The 1st Palmar Interosseous may be absent

The middle finger has no Palmar Interosseous

Cutaneous Innervation of the Hand (MCQ (كله هام جدا

Supinator Muscle - Nerve Supply (WG)

Supinator → Radial nerve



Biceps → Musculocutaneous nerve

Brachioradialis → Musculocutaneous nerve

Anatomical Snuff Box

Boundaries:

Tendon EPL (Extensor Pollicis Longus)

Tendons APL + EPB (Abductor Pollicis Longus + Extensor Pollicis Brevis)

Contents:

Radial Artery (MCQ)

Nerve superficial to snuff box → Radial nerve

Vein superficial (roof) → Cephalic vein

Pulsation within → Radial artery

Muscle Innervation Summary

All Flexor muscles: Median nerve

Exception:

½ Flexor Digitorum Profundus → Ulnar nerve

All Extensor muscles: Radial nerve

Hand muscles (20 muscles):

4 listed:

1. Flexor Pollicis Brevis



2. Opponens Pollicis
3. Abductor Pollicis Brevis
4. Lumbricals

Supplied by Median nerve

Specific Muscles – Nerve Supply (MCQ)

Palmaris Brevis → Ulnar nerve

Palmaris Longus → Median nerve