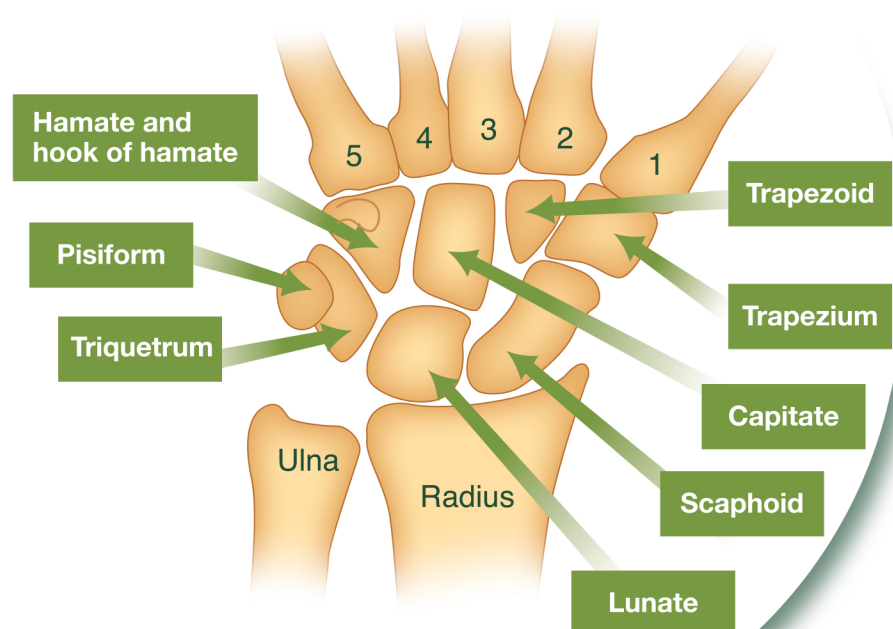


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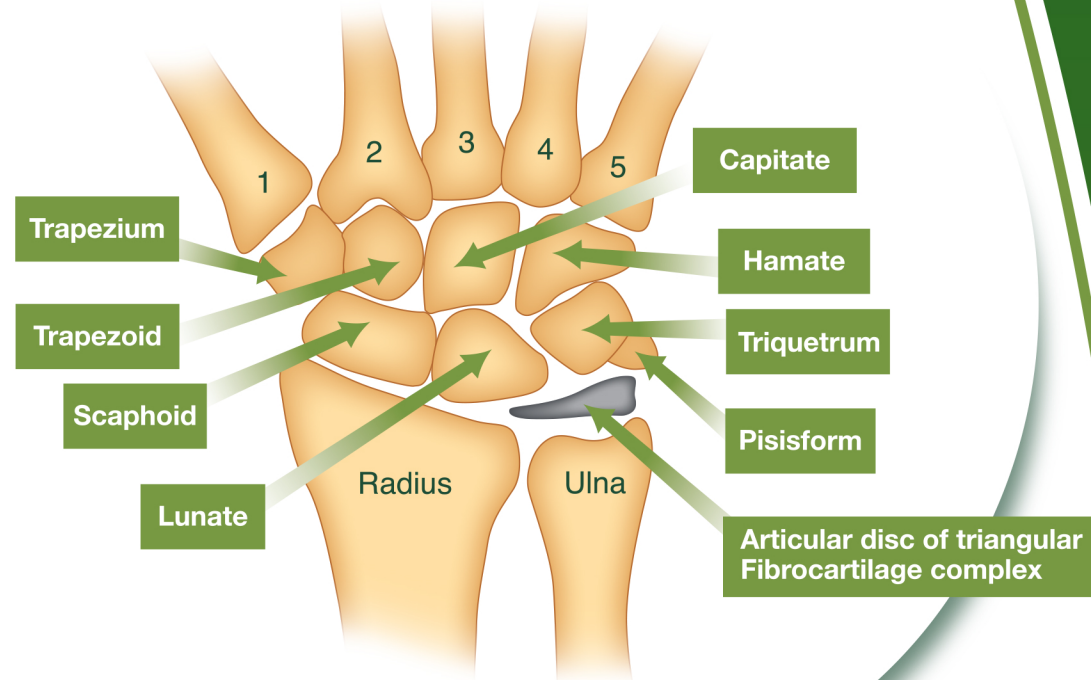
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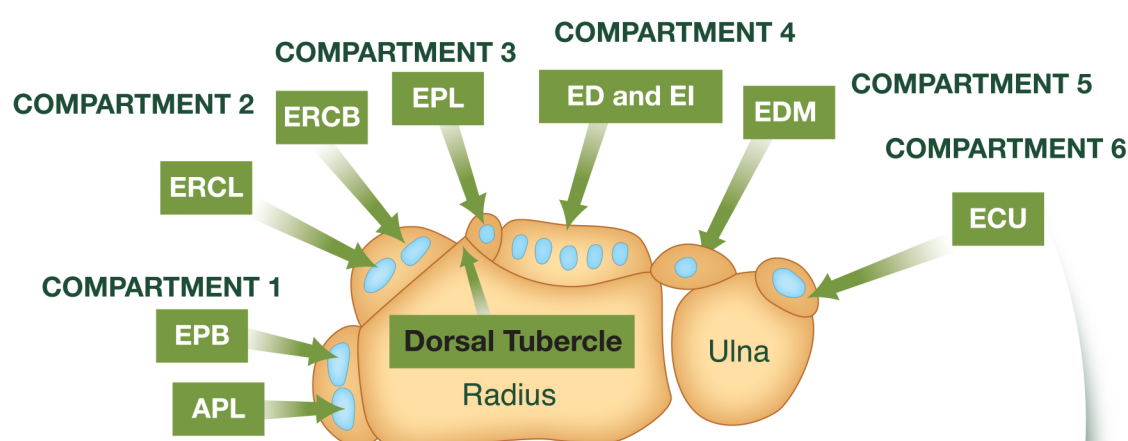
ANTERIOR/PALMAR VIEW WRIST BONY ANATOMY



POSTERIOR/DORSAL VIEW WRIST BONY ANATOMY



EXTENSOR/DORSAL COMPARTMENTS OF THE WRIST



Compartment 1. Abductor pollicis longus (APL) – inserts base of 1st metacarpal. Extensor pollicis brevis (EPB) – inserts base of prox phalanx of thumb. Site of de Quervain stenosing tenosynovitis

Compartment 2. Extensor carpi radialis longus (ECRL) – inserts base of 2nd metacarpal (and fibers to distal carpal row). Extensor carpi radialis brevis (ECRB) – inserts base of 3rd metacarpal and fibers to distal carpal row

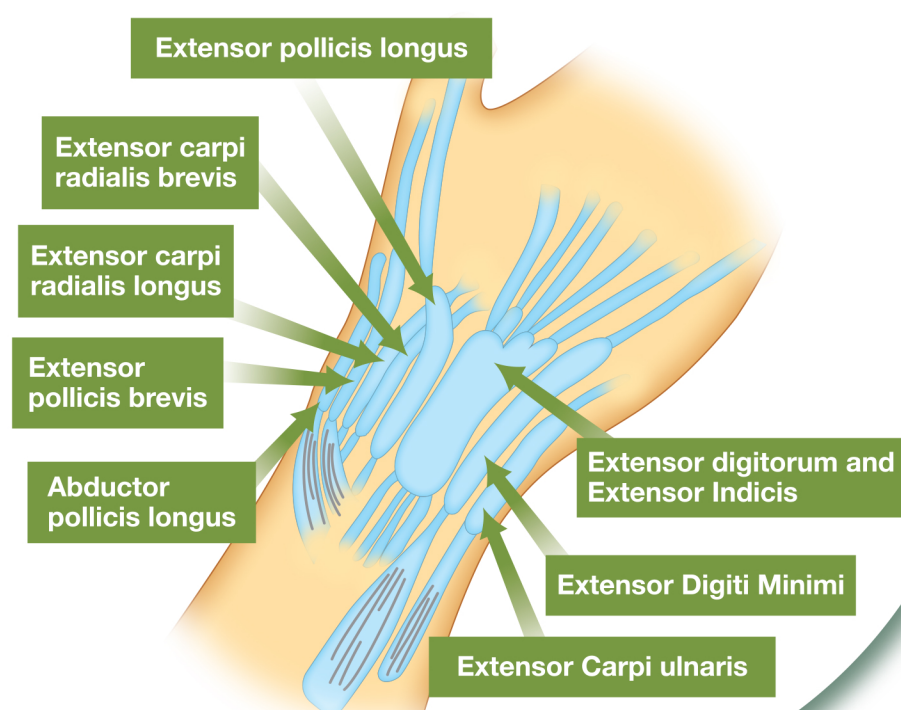
Compartment 3. Extensor pollicis longus (EPL) tendon which crosses the tendons of compartment 2 before extending to the thumb – inserts base of distal phalanx of the thumb

Compartment 4. Extensor digitorum (ED) – inserts onto the extensor expansion of the medial 4 digits. Extensor Indicis (EI) – inserts onto the extensor expansion of the index finger (2nd digit). Extensor retinaculum is thickest over comp 4

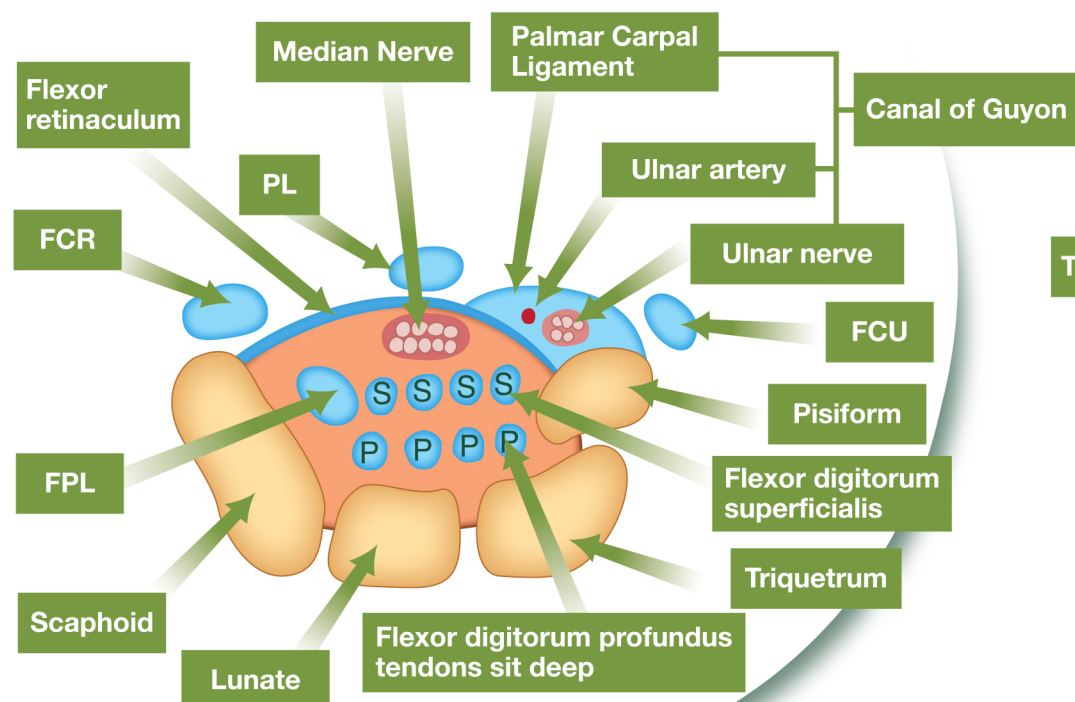
Compartment 5. Extensor digiti minimi (EDM) – inserts onto the extensor expansion of the 5th digit

Compartment 6. Extensor carpi ulnaris (ECU) – inserts base of 5th metacarpal and distal carpal row

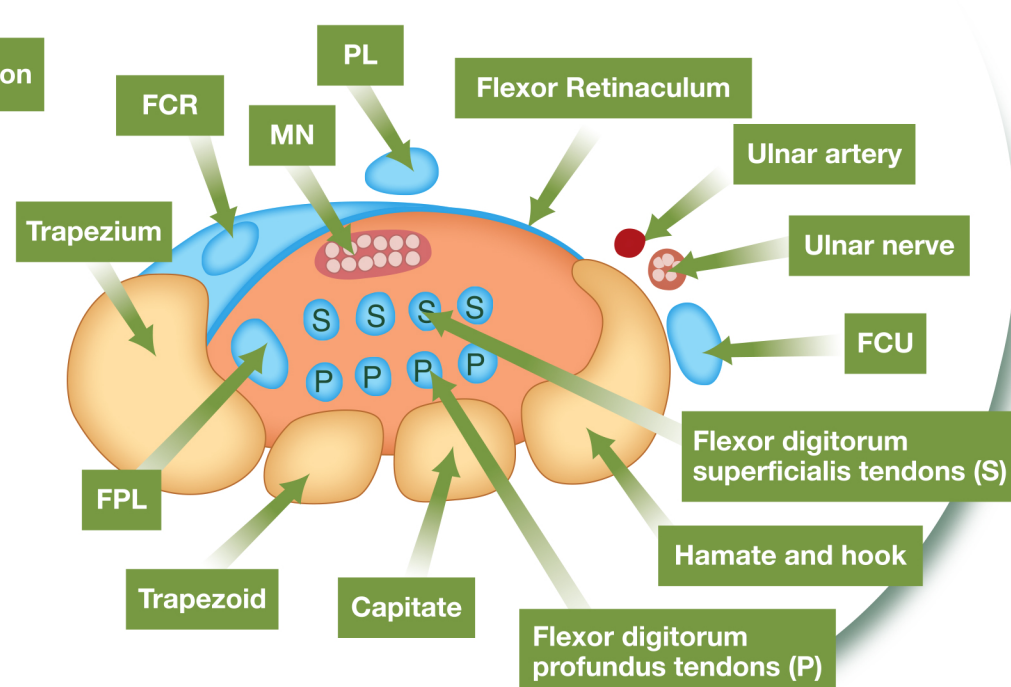
DORSAL/POSTERIOR VIEW EXTENSOR TENDONS OF THE WRIST LONG AXIS



PROXIMAL CARPAL TUNNEL / CANAL OF GUYON / PROXIMAL CARPAL ROW



DISTAL CARPAL TUNNEL / DISTAL CARPAL ROW



Flexor/Palmar surface of the wrist

Flexor retinaculum (also called the transverse carpal ligament) attaches medially to the pisiform and the hook of the hamate

Laterally it splits into 2 laminae, one superficial which attaches to the tubercles of the scaphoid and trapezium and one deep which attaches to the medial lip of the groove on the trapezium

Flexor carpi radialis (FCR) - passes between the 2 slips of the flexor retinaculum its own synovial sheath – inserts onto base of 2nd metacarpal bone

Flexor Pollicis longus (FPL) – radial side of tunnel – extends to the base of the distal phalanx of the thumb

Flexor digitorum superficialis (S) - 3rd and 4th superficialis tendons can lie superficial to the 2nd and 5th superficialis tendons – extend to bodies of middle phalanges of medial 4 digits

Flexor digitorum profundus tendons sit deep (P) – sit deep to the superficialis and extends to the bases of the distal phalanges of the medial 4 digits

Flexor Carpi Ulnaris (FCU) - extends from the medial epicondyle and medial olecranon of the proximal ulna to the pisiform, hook of hamate, and 5th metacarpal

Palmaris Longus (PL) - extends from the medial epicondyle to the distal half of the flexor retinaculum and the palmar aponeurosis

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Bibliography: Ajuja et al. (2007) Diagnostic and Surgical Imaging Anatomy – Ultrasound: Amirsys, Bianchi, S and Martinoli, C. (2007) Ultrasound of the musculoskeletal system, Germany: Springer, Lee, J. and Healy, J. (2005) Normal Sonographic Anatomy of the wrist and hand, Radiographics 25:1577-1590
Moore, K. (1985) Clinically Oriented Anatomy, Baltimore, USA: Williams and Wilkins.
Anatomical variations may exist.

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