

## OTA 106 Regional A & P Unit 3

### Upper and Lower Extremities

GBlevins/Fall 2015



#### (Hand)

##### A. Ligaments:

Palmar aponeurosis	Flexor retinaculum
Common flexor sheath	Extensor retinaculum

##### C. Cartilage:

Articular cartilage

##### D. Articular capsule:

Synovial membrane	Fibrous layer
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##### E. Bones:

Wrist:

Scaphoid)	Lunate
Triquetrum	Pisiform
Trapezium	Trapezoid
Capitate	Hamate

Metacarpal bones:

Numbered 1-5 (Pollex side is #1)

Phalangeal bones:

Fingers numbered 1-5 (Pollex is #1)

Proximal	Middle (Intermediate)	Distal
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Joints:

Metacarpo-phalangeal joint (MCP)	Proximal interphalangeal joint (PIP)
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Distal interphalangeal joint (DIP)	Interphalangeal (IP)
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##### F. Clinical concerns:

Carpal Tunnel Syndrome

##### G. Surface Anatomy:

Distal wrist crease	Middle wrist crease
Proximal wrist crease	Site of the median nerve
Tendon of Palmaris longus	Tendon of flexor carpi radialis
Anatomical snuff box	Hypothenar eminence
Thenar eminence	Tendons of the extensor digitorum
Tendon of extensor pollicis longus	
Tendon of abductor pollicis longus	

**H. Muscles: (Use upper extremity list for details on muscles)**

Abductor pollicis longus	Flexor pollicis longus
Extensor pollicis longus	Extensor pollicis brevis
Extensor indicis	Flexor pollicis brevis
Adductor pollicis	Abductor pollicis brevis
Opponens pollicis	Abductor digiti minimi
Opponens digiti minimi	Flexor digiti minimi
Lumbricals (4)	
Dorsal interossei (4) (Mnemonic: DAB)	
Palmar interossei (Mnemonic: PAD)	

**I. Nerves:**

Median nerve	Ulnar nerve
Radial Nerve	

**J. Arteries:**

Ulnar artery	Radial artery
Superficial palmar arch	Deep palmar arch

**K. Veins:**

Cephalic vein	Basilic vein
Brachial vein	Dorsal venous arch (network)