

**PTA106 Regional A & P**  
**Unit 3 Upper and Lower Extremities**  
 GBlevins/Fall 2015



**Wrist and Hand:**

**A. Ligaments:**

Palmar aponeurosis	Flexor retinaculum
Common flexor sheath	Extensor retinaculum

**B. Compartments and Spaces:**

Hypothenar compartment	Thenar compartment
Central compartment	Adductor compartment
Interosseous compartment	Midpalmar space
Thenar space	

**C. Cartilage:**

Articular cartilage

**D. Articular capsule:**

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

Ulna:		
Head		Styloid process
Radius:		
Styloid process		Ulnar notch
Wrist:		
Scaphoid)		Lunate
Triquetrum		Pisiform
Trapezium		Trapezoid
Capitate		Hamate
Metacarpal bones:		
Numbered 1-5 (thumb side is #1)		
Phalangeal bones:		
Fingers numbered 1-5 (thumb is #1)		
Proximal	Middle (Intermediate)	Distal
Joints:		
Metacarpo-phalangeal joint (MP)		Proximal interphalangeal joint (PIP)
Distal interphalangeal joint (DIP)		Interphalangeal joint (IP)

**F. Clinical concerns:**

Carpal Tunnel Syndrome

**G. Surface Anatomy:**

Location of the Pisiform	Location of the ulnar styloid process
Site for Ulnar pulse	Site for radial pulse
Distal 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 the flexor carpi ulnaris	
Tendon of extensor pollicis longus	
Tendon of abductor pollicis longus	

**H. Muscles: (Use upper extremity muscle lets for details)**

Flexor carpi radialis	Flexor carpi ulnaris
Extensor carpi radialis longus	Extensor carpi radialis brevis
Extensor digitorum	Extensor carpi ulnaris
Flexor digitorum superficialis	Flexor digitorum profundus
Flexor pollicis longus	Abductor pollicis longus
Extensor digiti minimi	Extensor pollicis brevis
Extensor pollicis longus	Palmaris longus

**I. Nerves:**

Median nerve	Ulnar nerve
Radial Nerve	Palmar cutaneous branch
Dorsal cutaneous branch	

**J. Arteries:**

Ulnar artery	Radial artery
Superficial palmar arch	Deep palmar arch
Common palmar digitals	

**K. Veins:**

Cephalic vein	Basilic vein
Superficial Dorsal venous arch (network)	
Deep Dorsal venous arch (network)	

