Major Dissection Objectives
Skin Removal of the Forearm and Hand
1. Remove the skin from the forearm maintaining the superficial veins and key cutaneous nerves such as the dorsal ulnar, lateral antebrachial, medial antebrachial and superficial radial nerves
2. Continue by removing the skin of the palm to the palmar aponeurosis making cuts along the midline of the fingers and thumb down to the digital sheath
3. Clean the antebrachial fascia starting at the distal forearm and working backwards to expose and mobilize superficial flexors of the forearm and the common flexor origin

Major Dissection Objectives
Palm & Forearm Flexor Muscles
4. Slide a forceps under the middle of the palmar aponeurosis and cut through being careful not to cut the underlying structures. Then remove the aponeurosis
5. Clean the antebrachial fascia starting from the distal forearm and work proximally
6. Identify the common flexor attachment and gently mobilize the 5 superficial forearm flexor muscles
7. Clean and locate the three deep flexors and the anterior interosseus artery and nerve
Anatomy Guy  Dissection Sheet
Flexor Forearm and Hand

Major Dissection Objectives
Nerves, Vessels and Carpal Tunnel

8. Mobilize the ulnar nav under the FCU. Locate the dorsal ulnar br. and the deep and superficial br. Follow the artery into the palm to the superficial palmar arch
9. Trace the median nerve in the forearm and carpal tunnel. After the carpal tunnel find the recurrent median into the thenar muscles and the cutaneous branches to the lateral 3.5 digits
10. Follow the radial artery to the wrist and floor of the snuff box
11. Open the flexor retinaculum and identify the contents of the carpal tunnel

Major Dissection Objectives
Palmar Hand

12. Mobilize the abductor, flexor and opponens muscles of the thenar and hypothenar regions
13. Clean the common palmer digital nav and follow them as they distribute into the digits
14. Cut the digital sheath to expose the flexor digitorum superficialis and profundus tendons and locate the lumbrical muscles
15. Clean under the tendons to expose the interosseous muscles and the adductor pollicis

Pearls & Problems

Don’t 1. Cut the cutaneous nerves while skinning the forearm use blunt dissection
Do 2. Remove antibrachial fascia starting distally and working proximally and remember not to over separate muscles
Don’t 3. Remove the skin of the fingers until the proper digital nerves and arteries have been found out to the distal phalanx
Don’t 4. Go deep or too proximal in the distal palm cuts
Do 5. Free the tendons from the fibrous tendon sheaths to allow for the deeper hand to be cleaned and mobilized
Remove the skin from the forearm maintaining the superficial veins and key cutaneous nerves such as lateral antebrachial, medial antebrachial and superficial radial nerves.

**Palmer & Digital Skin Removal**

Continue by removing the skin of the palm to the palmar aponeurosis making cuts along the midline of the fingers and thumb down to the digital sheath.

**NOTE:** Cuts are never blind! Start at the edge and extend the cuts so they end up like this rather than starting by blindly. Blind cuts give poor results and clinically end up in court.

Mobilize the 5 superficial flexors of the forearm and the common flexor tendon
Anatomy Guy Dissection Sheet
Flexor Forearm and Hand

Slide a forceps under the middle of the palmar aponeurosis and cut through being careful not to cut the underlying structures. Then remove the aponeurosis.

Be cautious not to cut the superficial palmar arch or Median nerve.

Clean and locate the three deep flexors and the anterior interosseus artery and nerve.

- Flexor Pollicis Longus
- Flexor Digitorum Profundus
- Anterior interosseus nav

Mobilize the ulnar nav under the FCU. Locate the dorsal ulnar br. and the deep and superficial br. Follow the artery into the palm to the superficial palmar arch.

- Dorsal Ulnar n.
- Ulnar n.
- Deep Ulnar n.
- Superficial Ulnar n.
Trace the median nerve through the forearm and into the carpal tunnel. After the carpal tunnel find the recurrent median into the thenar muscles and the cutaneous branches to the lateral 3.5 digits.

Follow the radial artery to the wrist and floor of the snuff box.

Open the flexor retinaculum and identify the contents of the carpal tunnel.
Mobilize the abductor, flexor and opponens muscles of the thenar and hypothenar regions

**Thenar Muscles**
1. Flexor Pollicis Brevis
2. Abductor Pollicis
3. Opponens Pollicis

**Hypothenar Muscles**
1. Flexor Digiti Minimi
2. Abductor Digiti Minimi
3. Opponens Digiti Minimi

Cut the digital sheath to expose the flexor digitorum superficialis and profundus tendons and locate the lumbrical muscles

**Flexor Digitorum Superficialis tendon**
(split so profundus tendons pass through)

**Flexor Digitorum Profundus tendon**

Clean under the tendons to expose the lumbrical muscles and the adductor pollicis

**Adductor pollicis**

**Lumbricales**

1st Dorsal Interosseus
Dorsal Abduct / Palmer Adduct
1st Palmer Interosseus