

Flexor Forearm & Hand

Dr. Craig Goodmurphy
Anatomy Guy

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

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 palmar 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 interosseus muscles and the adductor pollicis

Pearls & Problems

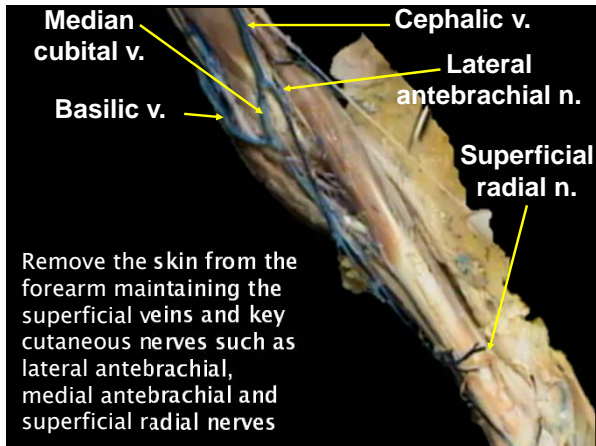
Don't 1. Cut the cutaneous nerves while skinning the forearm use blunt dissection

Do 2. Remove antibrachial fascia starting distally and working proximally and remember not to over separate muscles

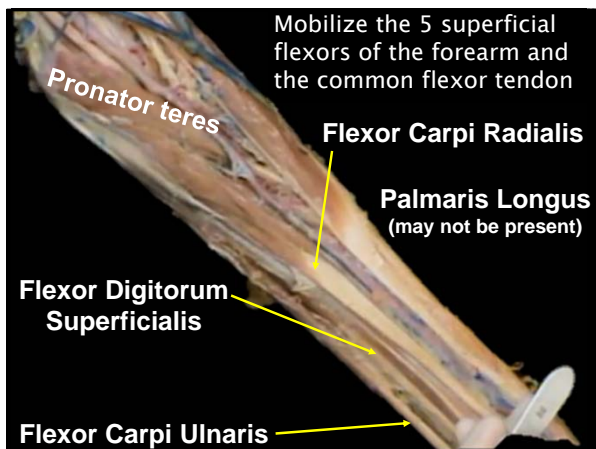
Don't 3. Remove the skin of the fingers until the proper digital nerves and arteries have been found out to the distal phalanx

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

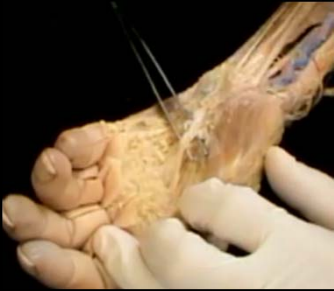






Slide a forceps under the middle of the palmar aponeurosis and cut through being careful not to cut the underlying structures. Then remove the aponeurosis

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

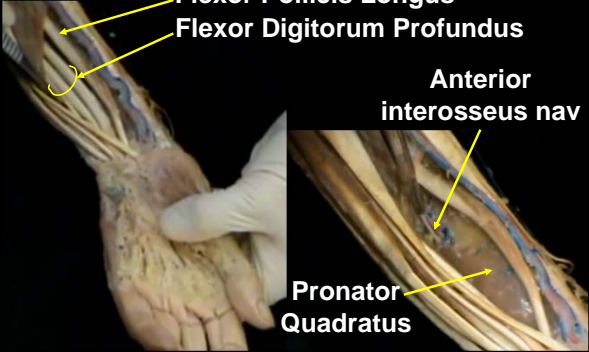


Clean and locate the three deep flexors and the anterior interosseus artery and nerve

Flexor Pollicis Longus
Flexor Digitorum Profundus

Anterior interosseus nav

Pronator Quadratus



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.

