

Extensor Forearm & Hand

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Anatomy Guy

Major Dissection Objectives

Superficial Extensor Muscles

1. Complete skin removal if necessary then remove the antebrachial fascia starting at the extensor retinaculum and working proximally. Define the retinaculum without cutting it
2. Locate and mobilize the brachioradialis and the ECRL which come from the humerus and ECRB muscles note that they are crossed by three tendons of the outcropping snuff box muscles
3. Identify and separate the three snuff box tendons EPL, EPB and APL
4. Separate the remaining superficial muscles ED, EDM and ECU which are from the common extensor attachment on the lateral epicondyle

Major Dissection Objectives

Deep Extensor Muscles & Snuff box

5. After mobilizing the superficial muscles and outcropping muscles locate the remaining three muscles the Supinator, Extensor Indicis and the Anconeus
6. Clean the dorsum of the digits exposing the dorsal expansion
7. Follow all the tendons that cross the wrist through the 6 tunnels of the extensor retinaculum. Note which attach to the wrist and which go to the dorsal expansion
8. Identify the anatomical snuff box tendons after they cross the wrist and locate the superficial radial nerve and the radial artery across the roof and floor respectively

Major Dissection Objectives
Nerves and Vessels

9. Locate the radial nerve as it crosses the elbow and splits into superficial and deep radial (posterior interosseus) nerves
10. Follow the superficial radial n. the Brachioradialis muscle and across the snuff box to the dorsum of the hand
11. Locate and clean the deep radial nerve in the forearm and separate it from the posterior interosseus artery
12. Note the dorsal ulnar nerves course and distribution
13. Follow the radial artery across the snuff box floor and into the palm as the deep palmar arch, locating the princeps pollicis and radialis indicis branches

Pearls & Problems

Don't 1. Cut the retinaculum or over clean the fascia from the common extensor tendon

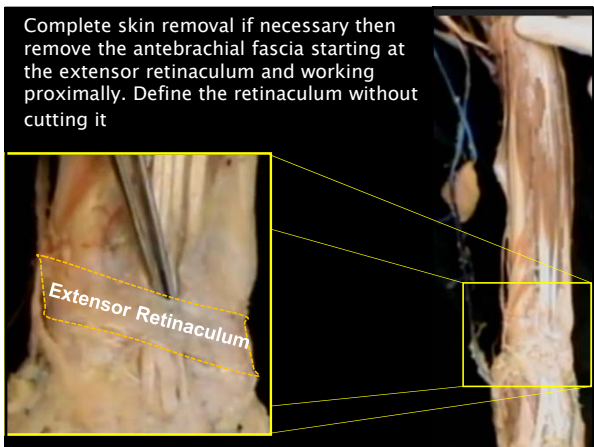
Do 2. Palpate the anconeus muscle and reflect the thick fascia over top of it

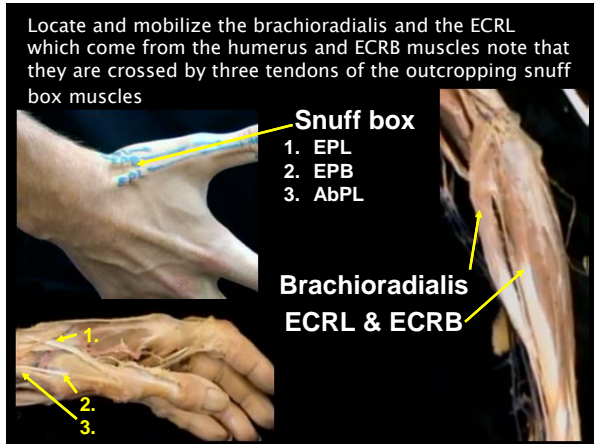
Do 3. Locate the supinator between mobilized tendons of ECRL and ECRB

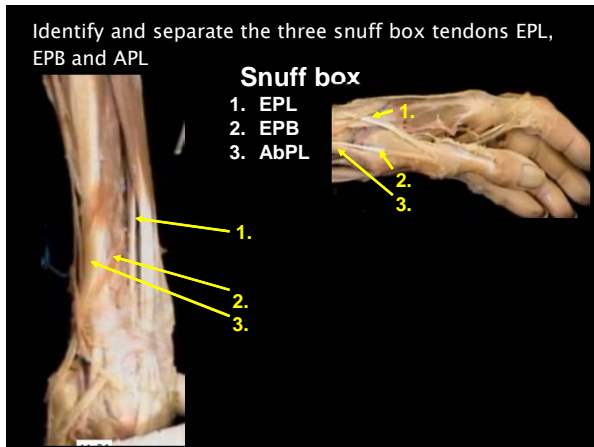
Do 4. Clean the snuff box fat to expose the radial artery running through the area over top of the scaphoid bone

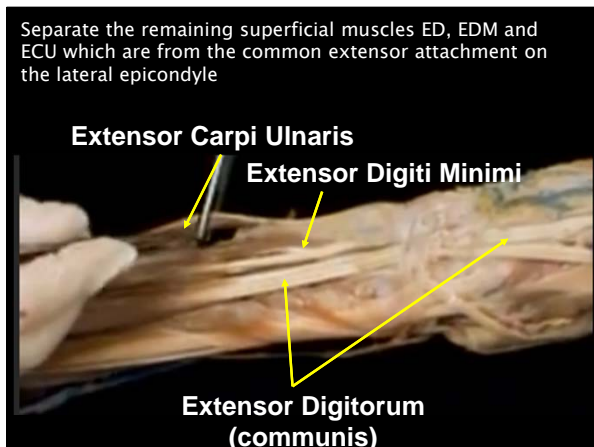
Do 5. Landmark your flexor and extensor compartments by using brachioradialis m. and ulnar ridge

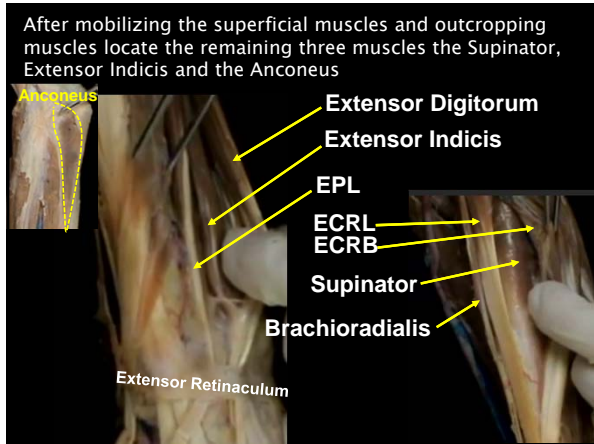
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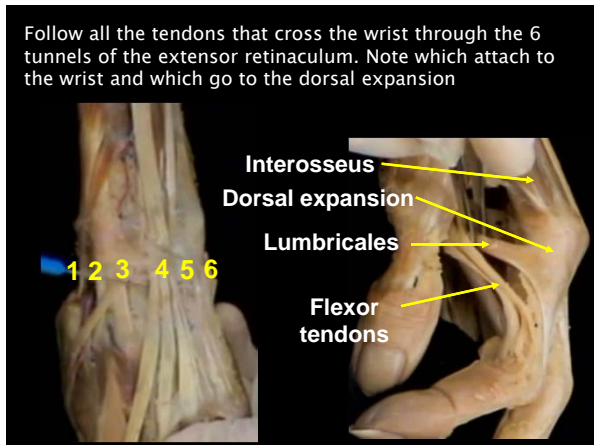


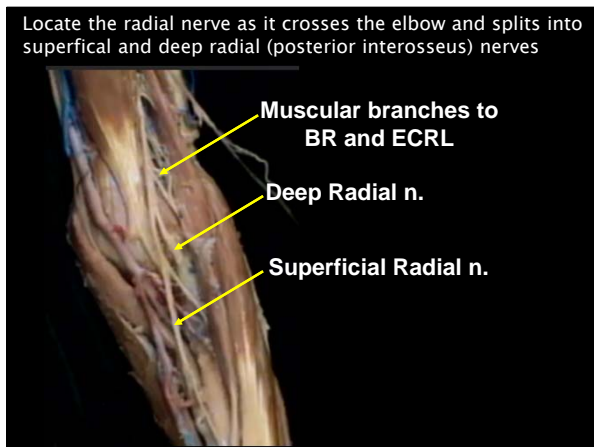




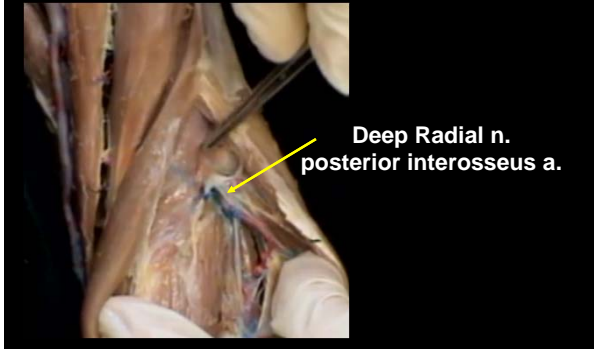








Locate and clean the deep radial nerve in the forearm and separate it from the posterior interosseus artery



Follow the radial artery across the snuff box floor and into the palm as the deep palmar arch, locating the princeps pollicis and radialis indicis branches

