Muscles of the thumb & index finger
- Anconeus
- Supinator
- Abductor pollicis longus
- Extensor pollicis brevis
- 1st MC proximal phalanx
- Distal phalanx

Muscles to fingers 2-5
- Extensor digitorum
- Extensor digiti minimi

Carpal movers
- Longus
- Extensor carpi radialis
- Brevis
- Extensor carpi ulnaris

Rules:
1. Long extensors attach to the base of proximal phalanx whilst long flexors do not. On the flexor side it is the interossei and lumbricals that attach here and this accounts for the clawed hand when these small muscles fail.
2. All 4 deep muscles (see left hand drawing) all go to the index finger and thumb in a ratio of 1:3. The 3 muscles to the thumb attach in turn to 1st metacarpal (AbPL), the proximal phalanx (EPB) and the distal phalanx (EPL).
3. Of the 4 fingers (excluding the thumb), two fingers have an extra tendon over and above that from extensor digitorum. These are the index and little finger in the form of extensor indicis and extensor digiti minimi.
Forearm extensors are divided into these groups:

**Carpal movers:**
- Extensor carpi ulnaris
- Extensor carpi radialis longus
- Extensor carpi radialis brevis

**Finger movers:**
- Extensor digitorum
- Extensor indicis
- Extensor digiti minimi

**Thumb movers:**
3 muscles/tendons of the snuff box
Thus the only fingers with an extra tendon, in addition to extensor digitorum, are index and little
All 4 muscles arising deep in the forearm go to thumb
(3: EPL, APL, EPB) and index finger (1: Extensor indicis)
Note that muscles arising from the lateral epicondyle arise from its ANTERIOR and not its posterior surface


**Abbreviations:**
- ECRB- Extensor carpi radialis brevis
- ECRL- Extensor carpi radialis longus

2nd metacarpal is longest
Middle finger is longest
MUSCLES OF POSTERIOR FOREARM

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EXTENSOR TENDON COMPARTMENTS
JUST BEYOND THE LEFT EXTENSOR RETINACULUM

LITTLE FINGER

THUMB

Extensor digiti minimi
Extensor digitorum
Extensor indicis
Extensor pollicis longus
Extensor carpi radialis brevis
Extensor carpi radialis longus
Radial artery & nerve
Extensor pollicis brevis
Abductor pollicis longus

Hypotenar eminence
Capitate
Hamate
Trapezoid
Trapezium
Thenar eminence
RIGHT EXTENSOR RETINACULUM

ECRL - Extensor carpi radialis longus
ECRB - Extensor carpi radialis brevis

- Ribbon-like band
- Oblique
- 2.5cm wide
- Attached from radial styloid to pisiform & triquetral (NOT ulna)
- Fibrous septa to give 6 compartments

Attachments

Lower lateral radius

Pisiform
Triquetral
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POSTERIOR FOREARM & HAND MUSCLE ATTACHMENTS

Forearm extensors are divided into these groups:

**Carpal movers:**
- Extensor carpi ulnaris
- Extensor carpi radialis longus
- Extensor carpi radialis brevis

**Finger movers:**
- Extensor digitorum
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- Extensor digiti minimi

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- 3 muscles/tendons of the snuff box

Thus the only fingers with an extra tendon, in addition to extensor digitorum, are index and little.

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SURFACE ANATOMY

Extensor pollicis longus to base of distal phalanx
Extensor pollicis brevis to base of proximal phalanx
Snuff box
Trapezium & Scaphoid
Abductor pollicis longus to base of first metacarpal

ANATOMICAL SNUFF BOX

Superficial branch of the radial nerve
Radial artery lying on scaphoid & trapezium in snuff box
Cephalic vein