Forearm - Analysis of Flexion and Extension

4 CATEGORIES OF ACTION OF THE ANTERIOR FOREARM MUSCLES

WRIST FLEXION
Flexor carpi ulnaris
Flexor carpi radialis

FINGER FLEXION
Flexor digitorum superficialis
Flexor digitorum profundus

THUMB FLEXION
Flexor pollicis longus

FROM SUPINATION
Pronator teres
Pronator quadratus

TO PRONATION

All supplied by MEDIAN nerve except FCU & 1/2 FDP - ULNAR nerve

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RULES FOR EXTENSOR TENDONS

In addition to tendons of extensor digitorum these two fingers have an extra tendon of their own.

Four muscles arise deep in the posterior forearm and have tendons that pass to these two digits in the ratio of 3 to the thumb and 1 to the index finger.

Extensor indicis

Extensor digiti minimi

3

Extensor pollicis longus
Extensor pollicis brevis
Abductor pollicis longus

1

Extensor indicis

All supplied by RADIAL nerve or its posterior interosseous branch.

EXTENSOR TENDONS ON DORSUM OF HAND

Extensor indicis

Extensor carpi radialis longus & brevis

Extensor digitorum (ED)

Extensor digitorum to little finger leaves the tendon to the ring finger.

Two tendons of extensor digiti minimi

Extensor carpi ulnaris