Snuff Box and Ventral Wrist

ANATOMICAL SNUFF BOX

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

VENTRAL ASPECT OF WRIST

**Structures radial to ulnar side:**

1. Superficial branch of the radial nerve (emerging posterior to brachioradialis)
2. Brachioradialis
3. Radial artery
4. Flexor carpi radialis
5. Median nerve with its palmar cutaneous branch (6)
6. Palmaris longus
7. Flexor digitorum superficialis (4 tendons)
8. Ulnar artery
9. Ulnar nerve with its palmar cutaneous branch (11) & dorsal cutaneous branch (12)
10. Flexor carpi ulnaris