**Flexor and Extensor Retinacula**

**Flexor Retinaculum & Carpal Tunnel**

- Medial aspect (ulnar)
  - Flexor carpi radialis in separate compartment
  - Ulnar nerve in canal of Guyon
  - Ulnar artery
  - Pisiform
  - Hamate
- Lateral aspect (radial)
  - Trapezium
  - Scaphoid

**Beneath (deep to) the flexor retinaculum**
1. Median nerve
2. 4 tendons of flexor digitorum profundus
3. 4 tendons of flexor digitorum superficialis
4. Tendon of flexor pollicis longus
5. Flexor carpi radialis (in its own compartment)

**Superficial to the flexor retinaculum**
1. Ulnar nerve and ulnar artery (in their own tunnel (Canal of Guyon)
2. Palmar cutaneous branch of median nerve

**Right Extensor Retinaculum**

- Attachments
  - Pisiform
  - Triquetral
  - Lower lateral radius

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