FLEXOR COMPARTMENT OF FOREARM
Antebrachial muscles - Flexors and extensors
Antebrachial fascia - developed better distally, posteriorly
    continuous brachial fascia
    attached olecranon, posterior border ulna
    strengthened - biceps & triceps
    localised thickenings - retinacula (Flexor & Extensor)

Antebrachial muscles - Superficial
    Deep
Superficial Flexors-  
  Pronator teres  
  Flexor carpi radialis  
  Palmaris longus  
  Flexor digitorum superficialis  
  Flexor carpi ulnaris  

Deep Flexors-  
  Flexor policis longus  
  Flexor digitorum profundus  
  Pronator quadratus
Pronator teres
Origin- Humeral head
            Ulnar head
Median nerve between heads
Medial limit cubital fossa
Insertion- lateral surface radius
Nerve supply- Median nerve C6,7
Action- Pronation
            weak cubital flexion
Flexor carpi radialis -
Origin - common flexor origin
Traverses a canal roofed by flexor retinaculum, floor by trapezium
Insertion - palmar surface base second metacarpal, also third metacarpal
Nerve supply - median nerve - C6,7
Action - Flexion at wrist
                     abduction at wrist
Palmaris longus-
Origin- common flexor origin
Slender, fusiform, may be absent
Tendon anterior to flexor retinaculum
Insertion- fuses distal part anterior surface flexor retinaculum
palmar aponeurosis
Nerve supply- median nerve C7,8
Action- flexion at wrist
tensor palmar fascia
Flexor digitorum superficialis

Origin- humero-ulnar head- common flexor, ulnar collateral ligament, IMS, medial border coronoid process

radial head- oblique line

Passes deep to flexor retinaculum

Arranged in pairs

Enter fibrous flexor sheaths

Insertion- middle phalanx

Nerve supply – median nerve C8,T1

Action- flexion of all joints it passes over
Flexor carpi ulnaris

Origin: humeral head – common flexor
    ulnar head: medial margin olecranon, posterior border ulna

Insertion: pisiform bone-extensions pisohamate, pisometacarpal ligaments

Ulnar nerve deep to tendinous arch

Nerve supply: ulnar nerve C7,8 T1

Action: flexion at wrist
    adduction at wrist
Flexor digitorum profundus

Origin- ulna- anterior & medial surface upper one third, medial side coronoid process, posterior border ulna, anterior surface interosseous membrane

Four tendons deep to flexor retinaculum & FDS

Tendon of index finger separate

Insertion- anterior aspect base of distal phalanx

Nerve supply- ulnar nerve- medial half

median nerve- lateral half C8, T1

Action – flexes all joints over which it passes

only muscle flexing DIP
Flexor pollicis longus
Origin- anterior surface radius, interosseous membrane, coronoid process
Passes behind flexor retinaculum
Insertion- enters synovial sheath
  palmar surface base distal phalanx
Nerve supply- anterior interosseous branch median nerve
Action – flexes IP joints
Pronator quadratus

Origin- oblique ridge ulna, anterior surface ulna

Insertion- distal one-fourth anterior border & surface radius

Nerve supply- anterior interosseous nerve C8, T1

Action- principal pronator,
  deep fibres prevent lower ends from separation