

FASCIA OF WRIST & HAND

FLEXOR RETINACULUM

Strong fibrous band- carpal tunnel

Attachment- medially- pisiform

hook hamate

laterally- 2 laminae

superficial- tubercles of scaphoid,
trapezium

deep- groove on trapezium

superiorly- fascia of forearm

inferiorly- palmar aponeurosis

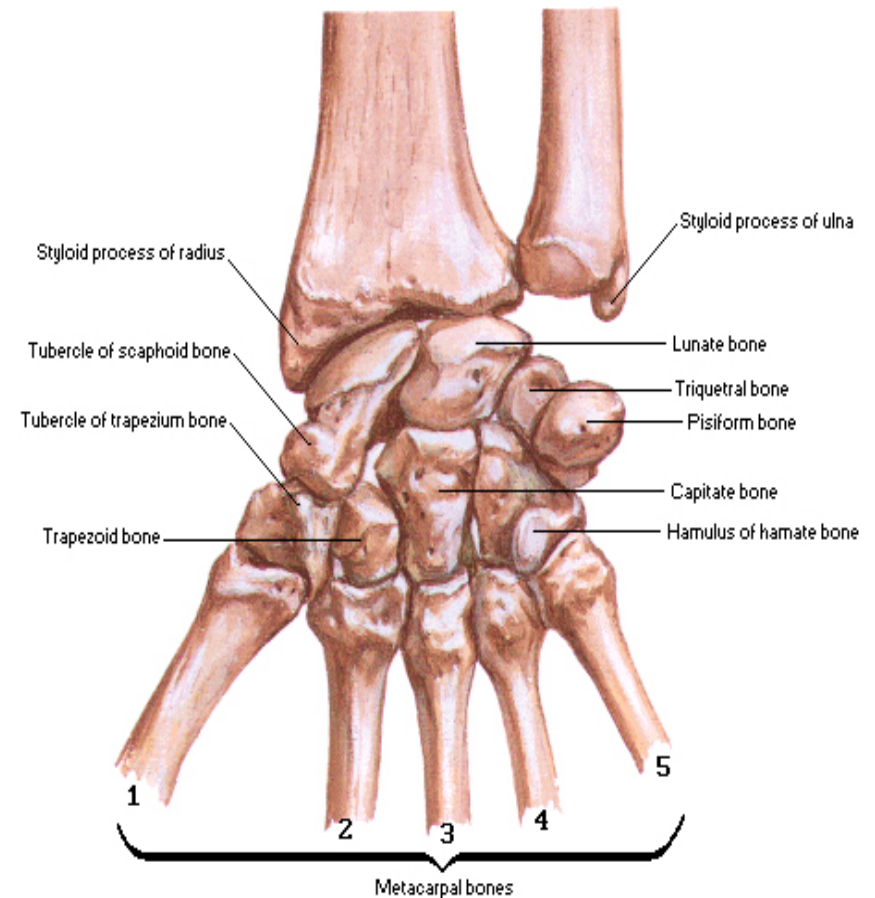
Relations- crossed superficially ulnar vessels
& nerve

palmar cutaneous branches of
radial & ulnar nerves

palmaris longus

intrinsic muscles hand

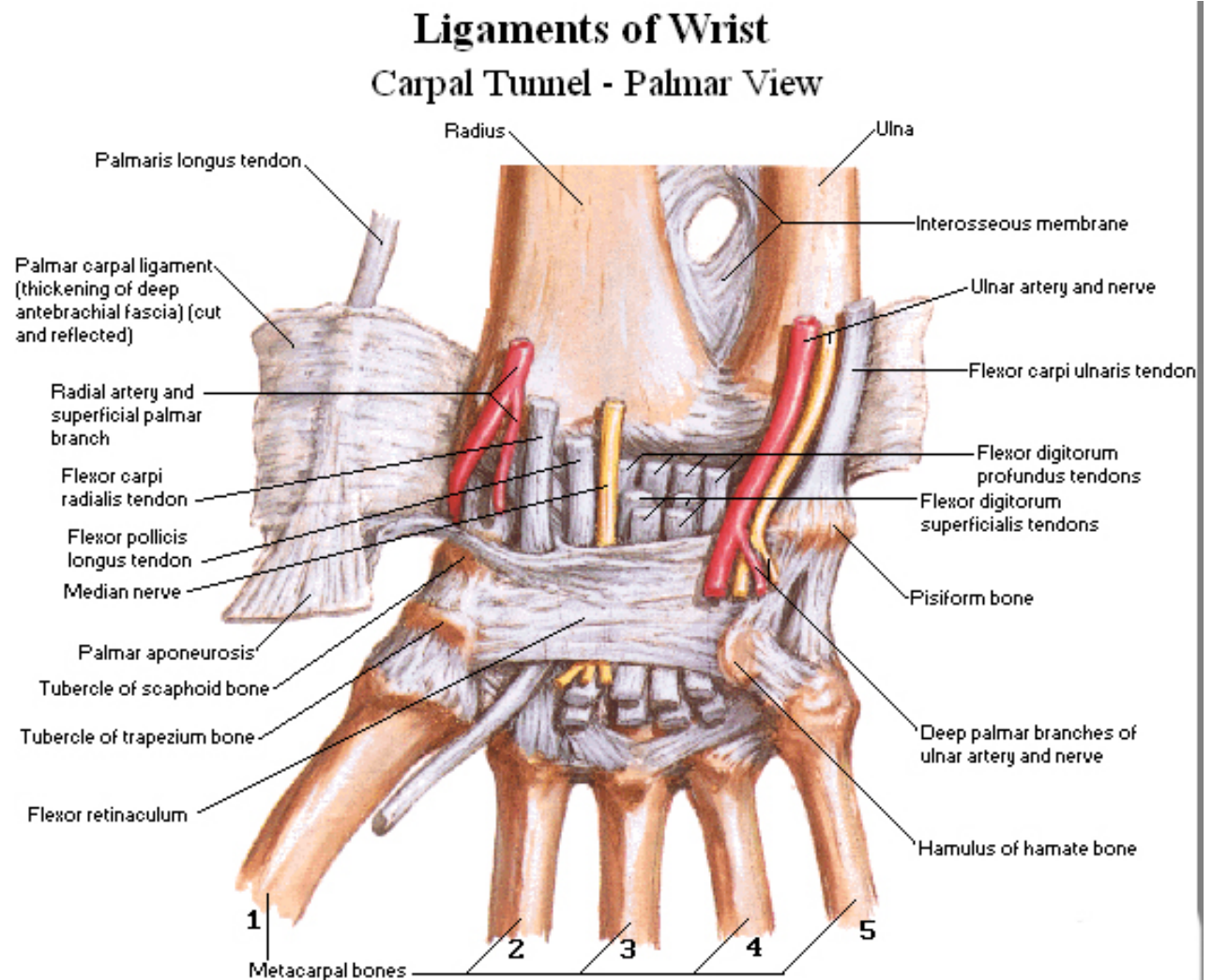
Carpal Bones
Anterior [Palmar] View



CONTENTS OF CARPAL TUNNEL

- 1- flexor digitorum superficialis
- 2- flexor digitorum profundus
- 3- flexor pollicis longus
- 4- median nerve
- 5- ulnar bursa
- 6- radial bursa

Arrangement of structures



CARPAL TUNNEL SYNDROME

Compression median nerve at wrist

Causes-

oedema, myxedema, osteo arthritis, rheumatoid arthritis

Symptoms-

pain, numbness- radial three & half digits especially at night

Examination-

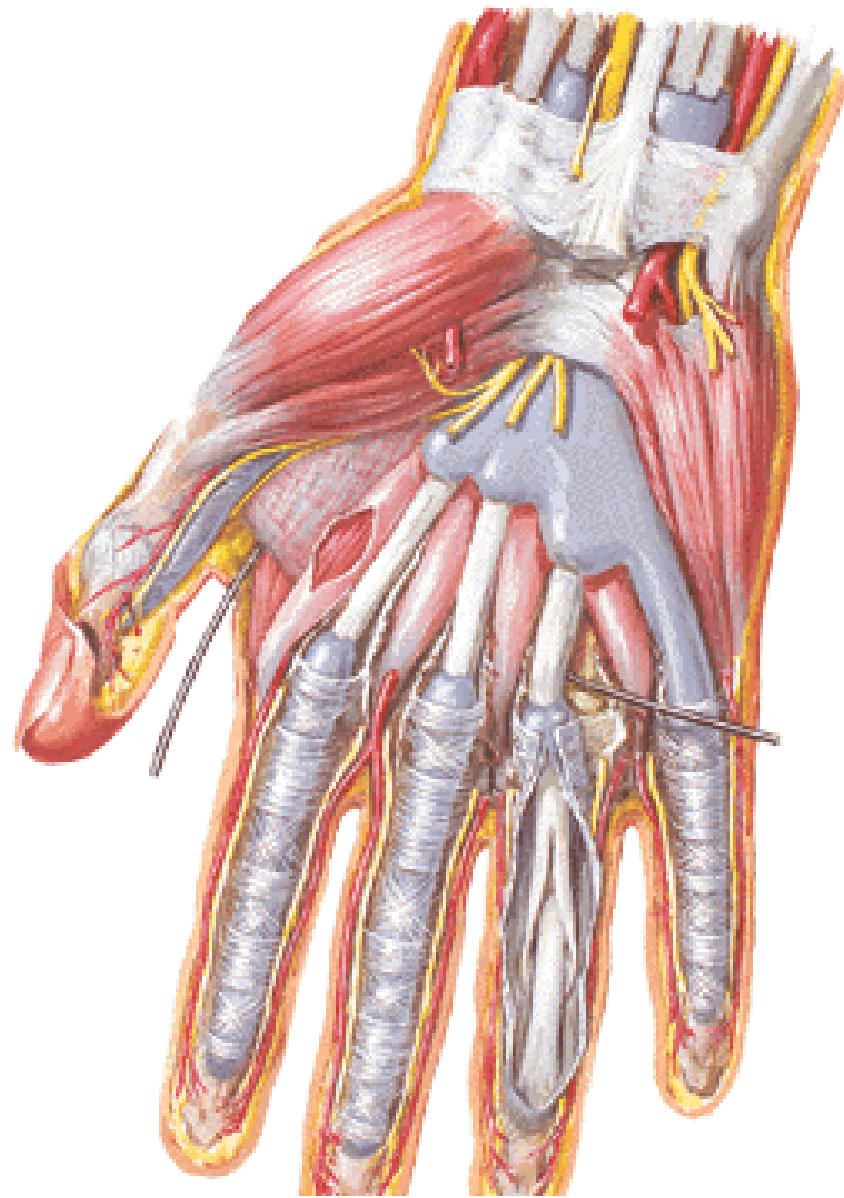
wasting thenar muscles

hypo-aesthesia

skin over thenar eminence normal

Treatment-

analgesic, splinting





EXTENSOR RETINACULUM

Oblique band

Borders- superior & inferior continuous deep fascia

medial –attached triquetral

lateral- attached anterior border radius

Compartments

abductor pollicis longus, extensor pollicis brevis

extensor carpi radialis longus, brevis

extensor pollicis longus

extensor digitorum, indicis, posterior interosseous nerves & vessels

extensor digiti minimi

extensor carpi ulnaris

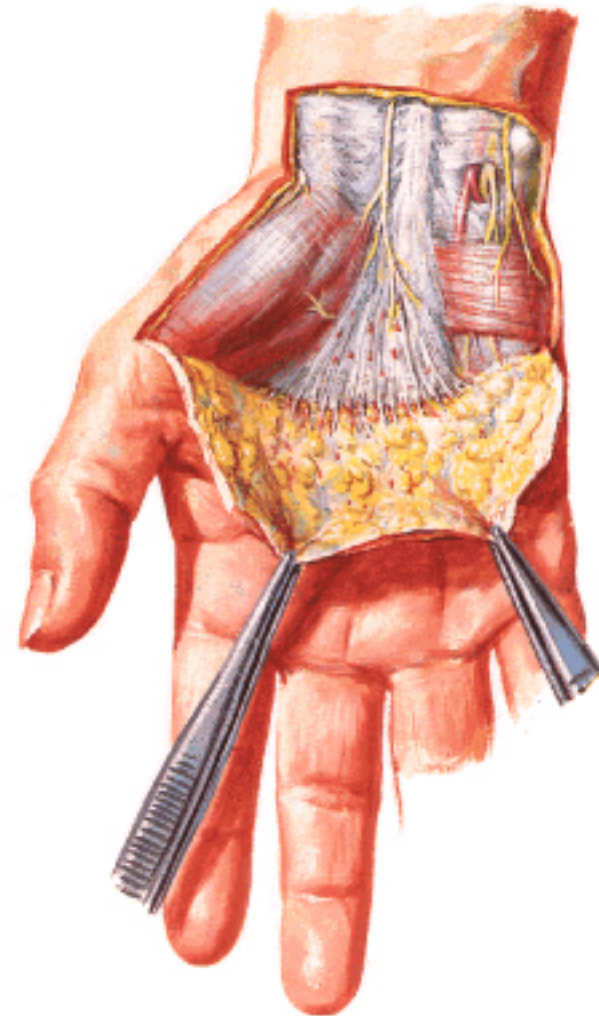
FASCIA OF HAND

Functions-

- chaneling of structures
- transmission of load
- anchorage
- binding
- lubrication
- framework muscle attachments

Wrist and Hand

Superficial Palmar Dissections



PALMAR APONEUROSIS

Parts- central, medial, lateral

Central part- thick, protects vessels, nerves
prevents tendons from bow- stringing

Lateral, medially- thin

Features- triangular

apex proximal

distally- thick, four slips(superficial, deep)

intervals traversed- digital vessels,nerves,lumbricals

Medial, lateral palmar septa

Functions- improves grip

protection

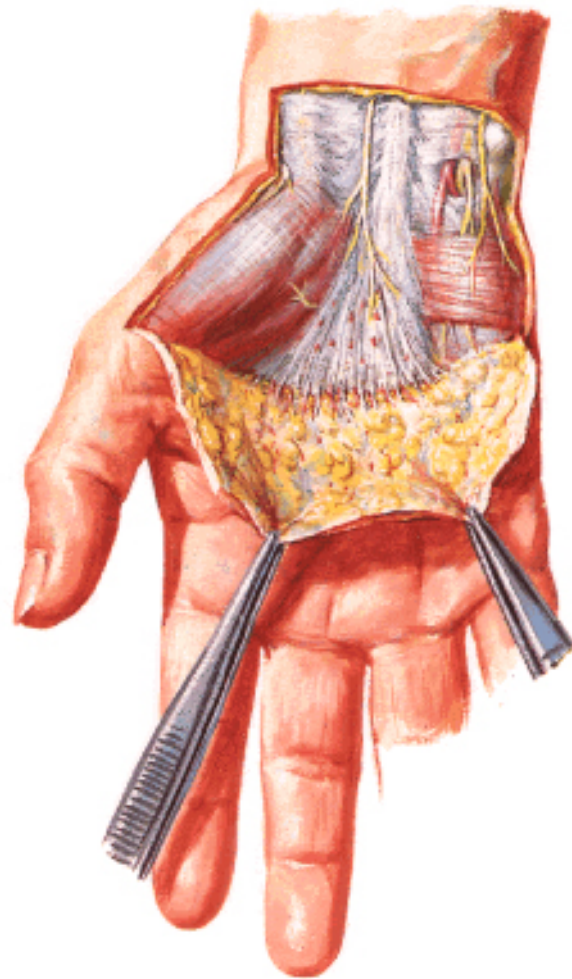
origin- palmaris brevis

potential spaces

Morphology- degenerated tendon

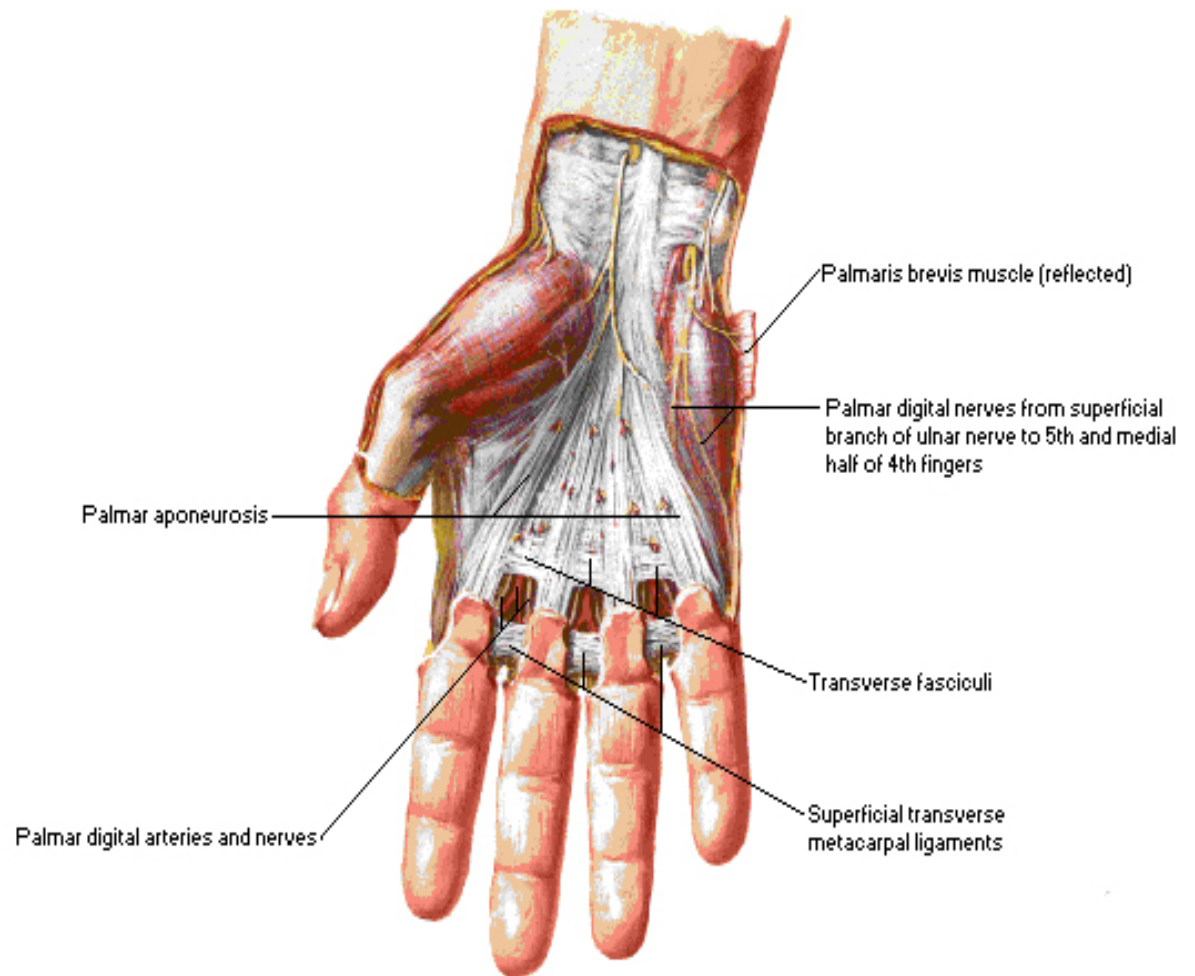
Wrist and Hand

Superficial Palmar Dissections



Wrist and Hand

Superficial Palmar Dissections [Continued]



FIBROUS FLEXOR SHEATHS

Extent- MP joint-base distal phalanx

Contents

Each crosses three joints

Thick, thin zones

Digital synovial sheaths- vincula
longa, brevia

