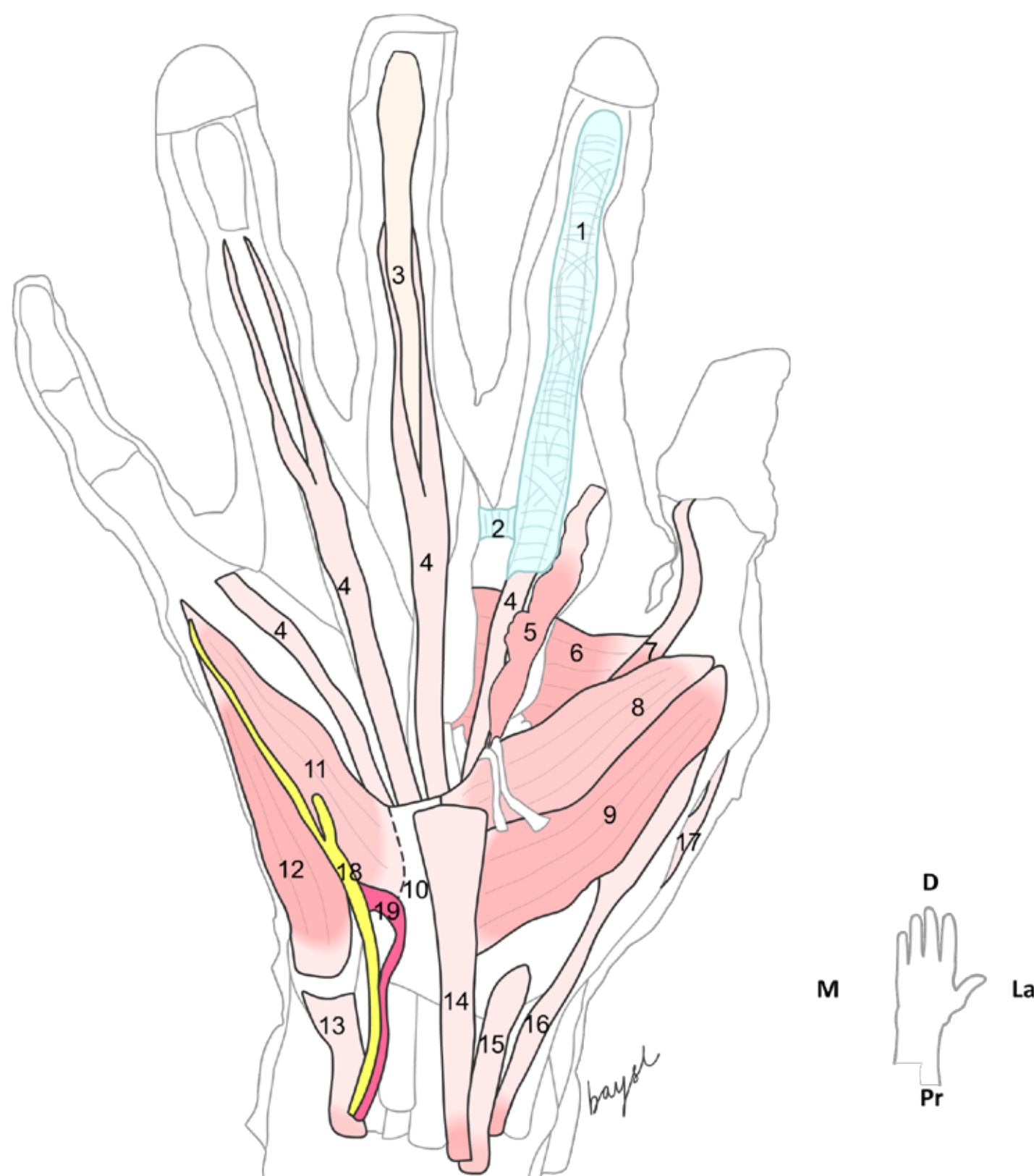


PALM TENDONS



Anterior view of wrist and palm of right hand, showing tendons, flexor retinaculum and fibrous flexor sheath.

Muscles
& fibrous
structures

1. Fibrous flexor sheath
2. Deep transverse metacarpal ligament
3. Flexor digitorum profundus tendon
4. Flexor digitorum superficialis tendon
5. First lumbrical muscle
6. Adductor pollicis
7. Flexor pollicis longus
8. Flexor pollicis brevis
9. Abductor pollicis brevis
10. Flexor retinaculum
11. Flexor digiti minimi brevis
12. Abductor digiti minimi
13. Flexor carpi ulnaris
14. Palmaris longus
15. Flexor carpi radialis
16. Abductor pollicis longus
17. Extensor pollicis brevis
18. Ulna nerve
19. Ulna artery

The cut away sheath of the middle and ring finger exposes the tendon of flexor digitorum superficialis and profundus. These tendons are posterior to the palmar aponeurosis which has been removed. Each of the flexor digitorum superficialis splits to allow the profundus tendons to reach the distal phalanx.

The muscles of the hand can be divided into those forming the thenar eminence, the hypothenar eminence, the adductor muscle of the thumb, the long flexor tendons and the attached lumbrical muscles and the interossei.

CLINICAL CONSIDERATIONS

Injuries such as puncture of a finger by a rusty nail can cause infection of the digital synovial sheaths. When inflammation of the tendon (tendonitis) and synovial sheath (tenosynovitis) occurs, the digit swells and movement becomes painful.

Question(s)

- *What is carpal tunnel syndrome? List the structures that pass through the carpal tunnel.*
- *What would the functional deficit if the ulnar nerve [18] is injured at the wrist?*
- *What is “ulnar paradox”?*
- *Trace the pain pathway from the tip of the little finger to the somatosensory cortex in the brain.*