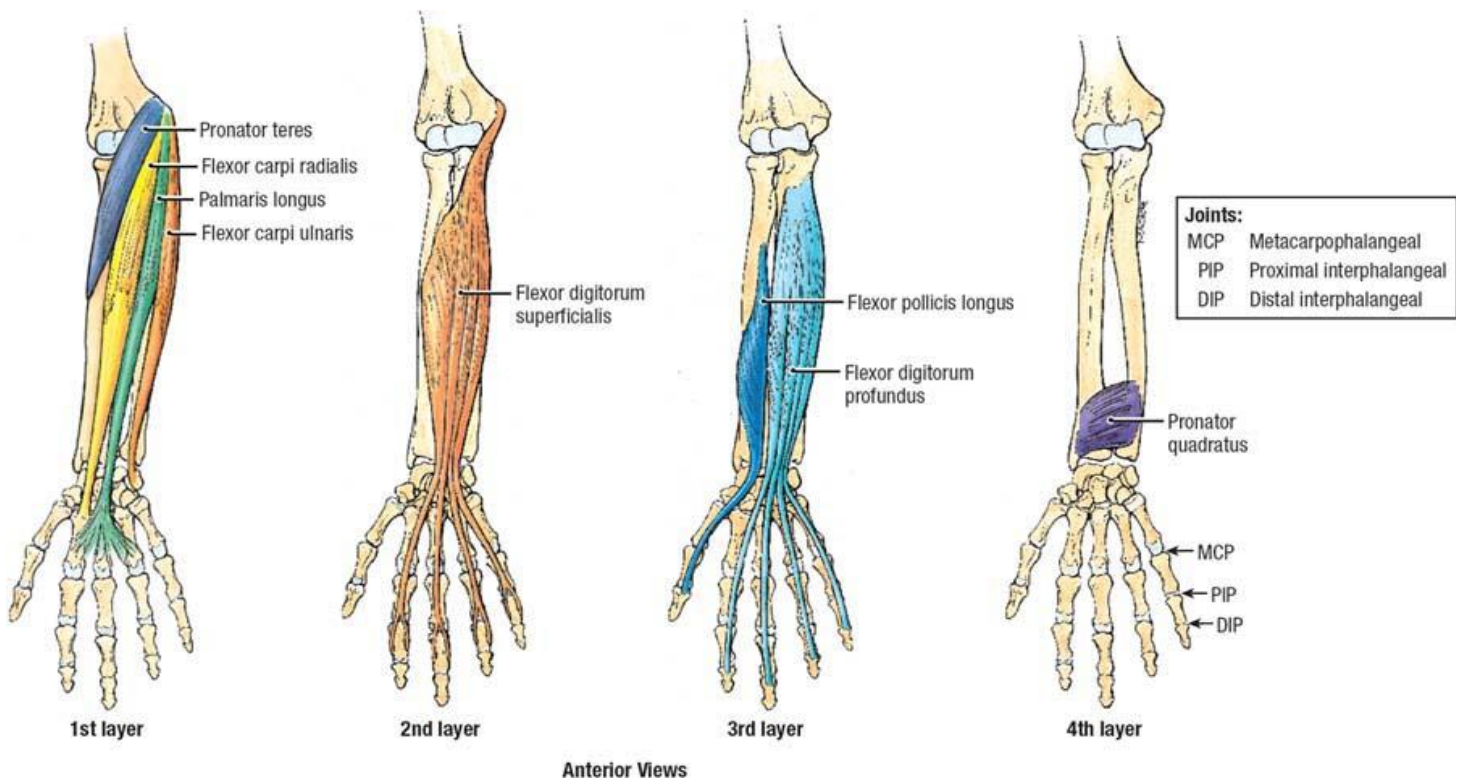


Forearm



❖ Anterior part of the forearm: (laterally to medially)

1. *Pronator teres: short muscle , doesn't cross the wrist . Most LATERAL .*
2. *Flexor carpii radialis.*
3. *Palmaris longus: short belly , has a long tendon that is inserted in the palm .*
4. *Flexor digitorum superficialis : a bulky muscle , has four tendons that insert in the four digits.*
5. *Flexor carpii ulnaris : Most MEDIAL .*
6. *Pronator quadrates : originates from the lower part of the ulna and inserts in the lower part of radius . a DEEP muscle*

*Look at the pictures
below .. =) !*



radial artery .. لاحظوا ال

pronator teres و جنبها

1

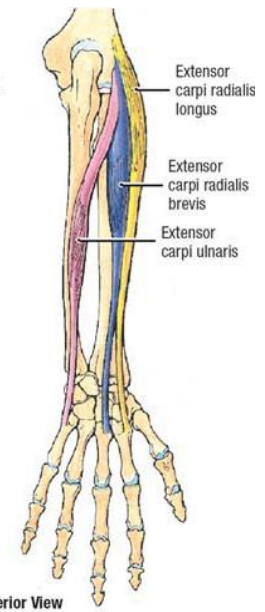
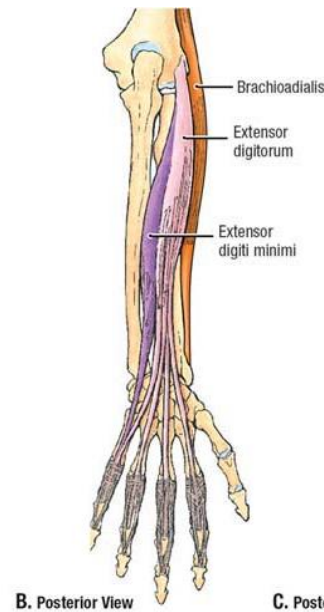
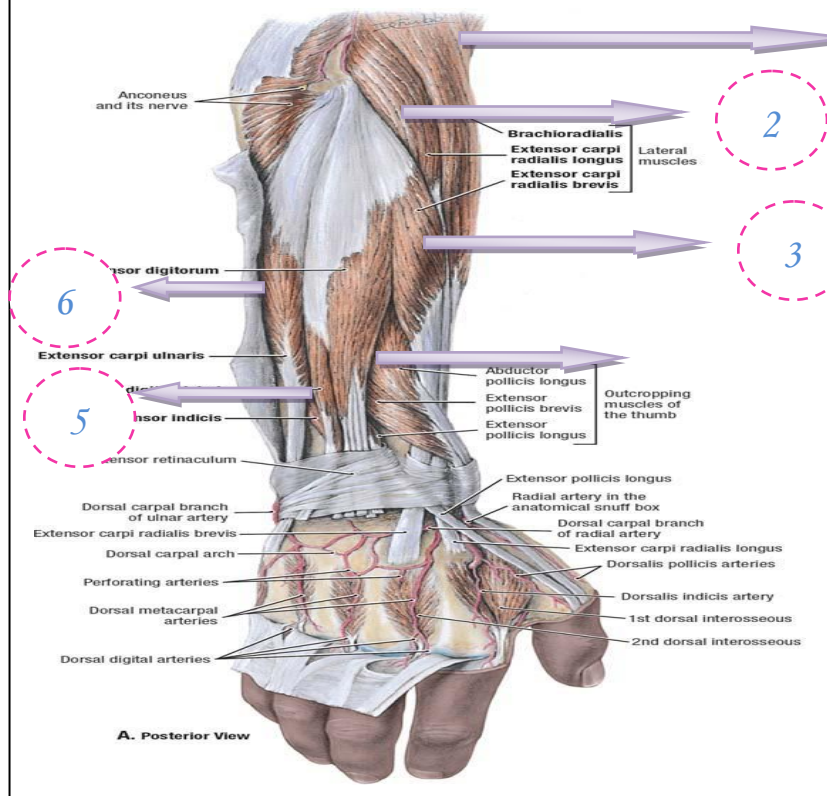


4

2



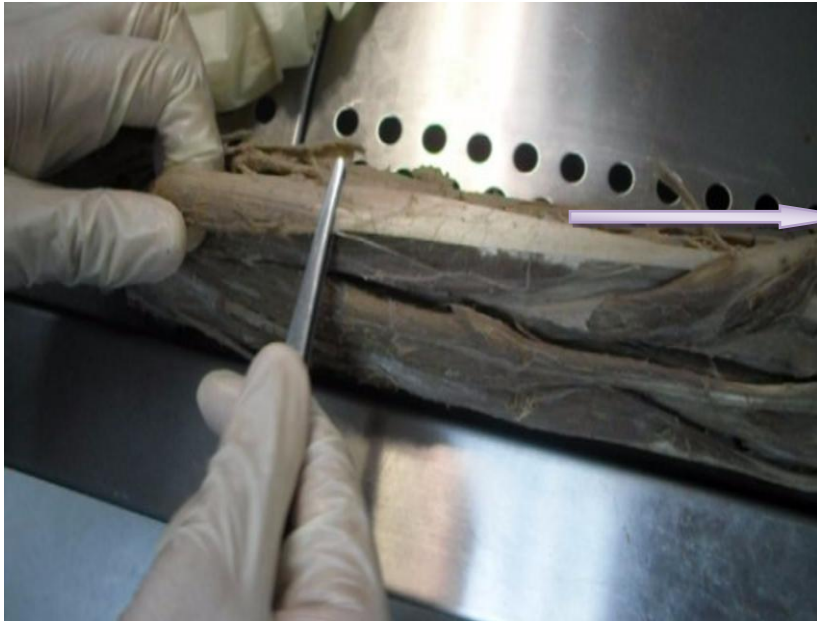
5



❖ Posterior part of the forearm : (laterally to medially)

1. *Brachioradialis*: long muscle , originates from the supracondylar ridge and inserts in the styloid process of radius.
2. *Extensor carpi radialis longus*: long tendon .. (look at the pic)
3. *Extensor carpi radialis brevis*: a bulk muscle
4. *Extensor digitorum* : four tendons
5. *Extensor digiti minimi* : its tendon goes to the little finger.
6. *Extensor carpi ulnaris* : most medially
7. *Abductor pollicis longus* : laterally again (deep group) the most lateral tendon going to the thumb
8. *Extensor pollicis brevis*: the second tendon going to the thumb.
9. *Extensor pollicis longus*: the last tendon that goes to the thumb
10. *Extensor indicis* :its tendon goes to the index finger.

- 1-6 .. superficial group
- 7-10 .. deep group



2

3

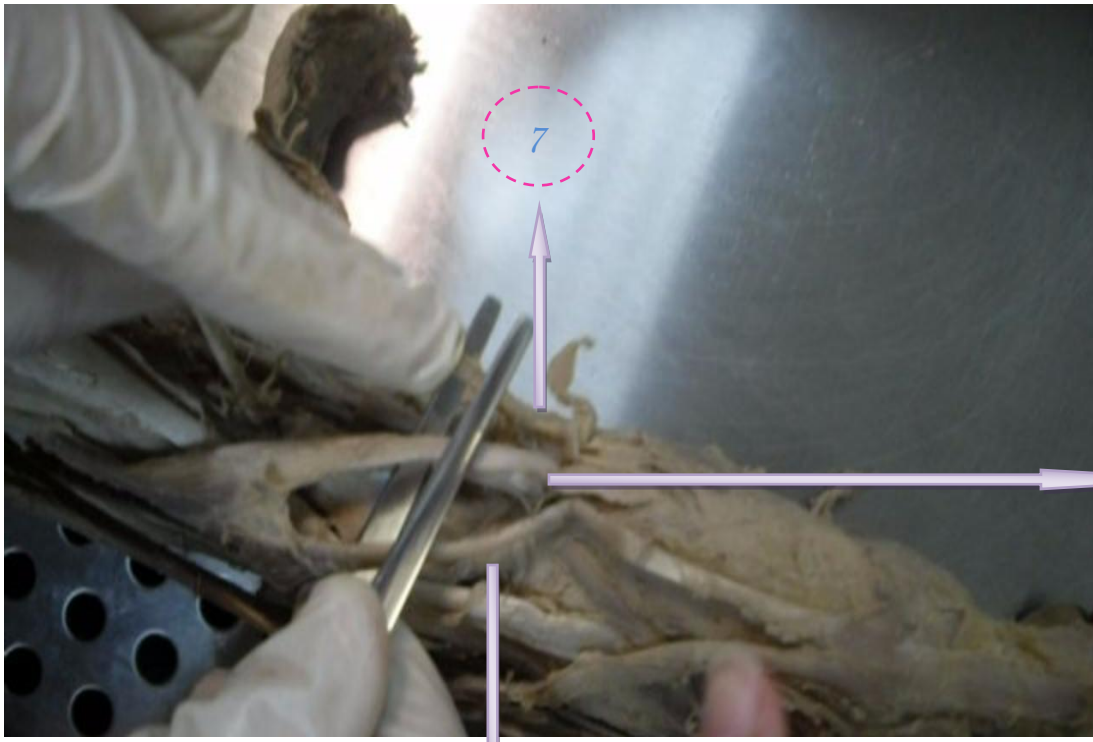


4

5

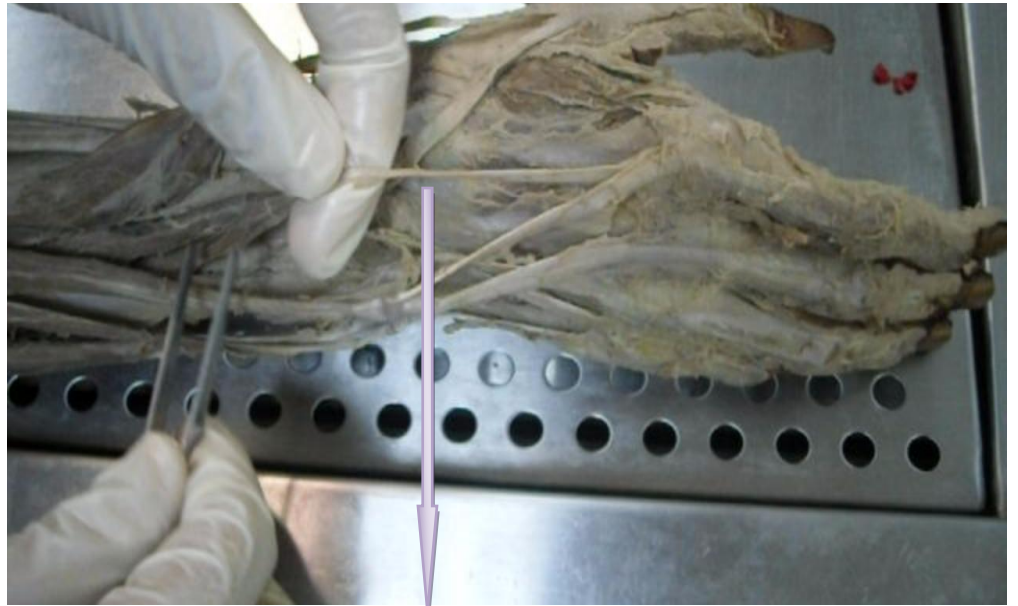


6



9

لاحظوا التندون حقها يمر تحت التندون
الـ *digitorum* حق الـ



10