

RU RMT 02

Anatomy & Physiology

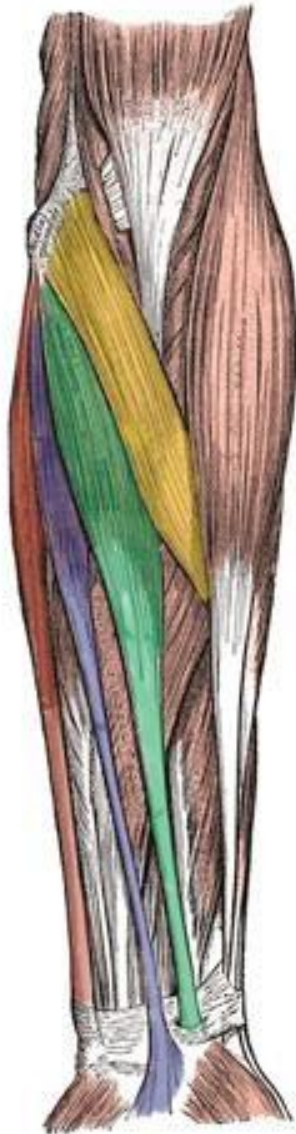
Lecture 25

Muscles of the Forearm –
Flexor Compartment



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FOREARM



-  Flexor carpi ulnaris
-  Palmaris longus
-  Flexor carpi radialis
-  Pronator teres



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Anterior Muscles of the

Pronator Teres

O: Ulnar head – Coronoid process

Humeral head – Medial epicondyle of humerus (common flexor tendon)

F.D:

I: Middle third of lateral surface of radius

A: Pronates and flexes forearm (at elbow)

Found in the 1st layer of anterior forearm muscles and lateral to FCR.



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Anterior Muscles of the Forearm

Flexor Carpi Radialis (FCR)

O: Medial epicondyle of humerus
(common flexor tendon)

F.D:

I: Base of 2nd metacarpal

A: Flexes and abducts hand (at wrist)

Found in the 1st layer of anterior forearm muscles and between Pronator Teres and Palmaris Longus



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Anterior Muscles of the Forearm

Palmaris Longus

O: Medial epicondyle of the humerus

F.D:

I: Distal half of flexor retinaculum
and palmar aponeurosis

A: Flexes hand at wrist, tightens
palmar aponeurosis

Found in the 1st layer of anterior
forearm muscles and between FCR and
FCU



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Anterior Muscles of the Forearm

Flexor Carpi Ulnaris (FCU)

O: Humeral head – Medial epicondyle of humerus (common flexor tendon)

Ulnar head – Olecranon and posterior border of ulna (via aponeurosis)

F.D:

I: Pisiform, Hook of hamate, 5th metacarpal

A: Flexes and adducts hand (at wrist)



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Found in the 1st layer of anterior forearm muscles and medial to Palmaris Longus



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Anterior Muscles of the Forearm

Flexor Digitorum Superficialis (FDS)

O: Humeroulnar head – Medial epicondyle and coronoid process of the ulna

Radial head – Superior half of anterior radius

F.D:

I: Shafts of middle phalanges of digits 2-5

A: Flexes middle phalanges of PIP joints of digits 2-5, also flexes MCP joints with stronger action.

Found in the 2nd (intermediate) layer of anterior forearm muscles



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Anterior Muscles of the Forearm

Flexor Digitorum Profundus(FDP)

O: Proximal $\frac{3}{4}$ of medial and anterior surface of ulna and interosseous membrane

F.D:

I: Bases of distal phalanges of digits 2- 5

A: Flexes distal phalanges 2-5 at DIP joint.

Found in the 3rd (deep) layer of anterior forearm muscles



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Anterior Muscles of the Forearm

Flexor Pollicis Longus (FPL)

O: Anterior surface of radius and interosseous membrane

F.D:

I: Base of distal phalanx of thumb

A: Flexes phalanges of 1st digit (thumb)

Found in the 3rd (deep) layer of anterior forearm muscles



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Anterior Muscles of the Forearm

Pronator Quadratus

O: Distal $\frac{1}{4}$ of anterior surface of ulna
F.D:

I: Distal $\frac{1}{4}$ of anterior surface of radius
A: Pronates forearm

Found in the 3rd (deep) layer of anterior forearm muscles



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