

Extensor Retinaculum of Wrist

	It is a one inch wide strong thickened band of deep fascia on the back of the wrist /important to keep the extensor tendons in position during action of muscles
attachment	Laterally: to the <u>lower part of the anterior border of the radius.</u> Medially: to the <u>triquetrum and pisiform bones</u>
Structures superficial to it	1. The superficial terminal branch of <u>the radial nerve.</u> 2. Beginning of the cephalic vein and basilica vein. 4. The dorsal (cutaneous) branch of <u>the ulnar nerve.</u>
Structures deep to	The retinaculum gives off 5 septa from its deep surface to the back of the lower end of the radius and the ulna. Thus, the space deep to the retinaculum is divided into 6 compartments which transmit the extensor tendons with their synovial sheaths.

The compartments (lateral to medial)

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Site	Lateral side of styloid process of radius.	Dorsal surface of lower end of radius lateral to the dorsal radial tubercle.	Dorsal surface of lower end of radius medial to the dorsal radial tubercle.	A wide area on the medial part of the distal end of the radius.	interval between the lower end of the radius and the head of the ulna.	groove between the head and the styloid process of the ulna
Contents	1st TWO muscles going to the thumb: 1-Abductor pollicis longus. 2-Extensor pollicis brevis	Extensor carpi radialis longus and brevis	3rd muscle going to the thumb: Extensor pollicis longus	*Tendons of extensor digitorum. (4 tendons) *Tendon of extensor indicis. * Posterior interosseous N. * Anterior interosseous A.	The tendon of a muscle going to the 5th finger: Tendon of extensor digiti minimi	Tendon of extensor carpi ulnaris.

Extensor expansion: the tendons of the extensor digitorum have special pattern of insertion; dorsal to its corresponding proximal phalanx, each tendon flattens out to form an extensor expansion which divides into **three slips**: **a central slip** attached to the base of **the middle phalanx** and **two collateral slips** are joined by tendons of interossei and lumbrical muscles and then they are attached to the base of **the distal phalanx**

Anatomical Snuff Box

a hollow on the lateral part of the wrist.	Boundaries: Can be identified when the thumb is abducted and extended : *Laterally (anteriorly): Tendons of abductor pollicis longus & extensor pollicis brevis *Medially (posteriorly): Tendon of extensor pollicis longus	Floor: Scaphoid (proximally) and trapezium (distally)	Roof: 1-The beginning of Cephalic vein. 2-The superficial terminal branch of the radial nerve. <i>They cross the tendons of the thumb</i>	Content: The radial artery (where its pulsation can be felt).
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