### Compartments of the palm and their contents

<table>
<thead>
<tr>
<th>Compartment</th>
<th>Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thenar compartment</strong></td>
<td>Contains the thenar muscles</td>
</tr>
<tr>
<td><strong>Adductor compartment</strong></td>
<td>Contains only Adductor Pollicis</td>
</tr>
<tr>
<td><strong>Central compartment</strong></td>
<td>Contains the flexor tendons and their sheaths, the lumbricals, the superficial arterial palmar arch, and the digital vessels and nerves</td>
</tr>
<tr>
<td><strong>Hypothenar compartment</strong></td>
<td>Contains the hypothenar muscles</td>
</tr>
<tr>
<td><strong>Interosseous compartments</strong></td>
<td>Contains the interossei muscles</td>
</tr>
</tbody>
</table>

### Thenar Compartment

**Flexor Pollicis Brevis**: Superficial head which is innervated by the **MEDIAN NERVE**

**Deep Head**: which is innervated by the **DEEP BRANCH OF THE ULNAR NERVE**

**Abductor Pollicis Brevis**

**Opponens Pollicis**

### Central Compartment

**1st and 2nd Lumbricals**: which are unipennate and which are innervated by the **MEDIAN NERVE**

**3rd and 4th Lumbricals**: which are bipennate and which are innervated by the **DEEP BRANCH OF THE ULNAR NERVE**

**Adductor Pollicis**

### Hypothenar Compartment

**Abductor Digitii Minimi**

**Opponens Digitii Minimi**

**Flexor Digitii Minimi Brevis**

### Interosseous compartment

**1st Dorsal Interossei**

**1st Palmar Interossei**

**2nd Dorsal Interossei**

**2nd Palmar Interossei**

**3rd Dorsal Interossei**

**3rd Palmar Interossei**

**4th Dorsal Interossei**

**Opponens Digitii Minimi**

**Adductor Pollicis**

**Flexor Digitii Minimi Brevis**